

Addressing Childhood Obesity, Youth Fitness - Page 2 Koch Appointed To MBTA Board Of Directors - Page 3 Water Conservation Tips From MWRA - Page 4

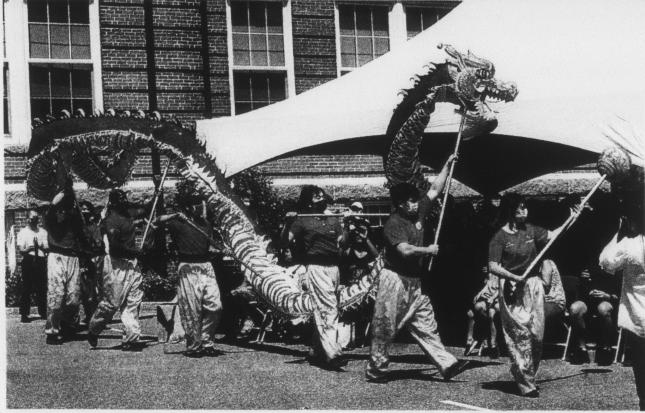


The Quincy

Historic Quincy's Hometown Weekly Newspaper Since 1968

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Thursday, August 26, 2021



THE DRAGON DANCE performed by the Wah Lum Kung Fu & Tai Chi Academy of Quincy opens the 34th annual August Moon Festival held Aug. 15 on Coddington Street in Quincy Center, The festival was presented by Quincy Asian Resources in partnership with the City of Quincy. It featured cultural performances, live music, Asian food and drink, kids amusements and crafts as well as vendor booths. More photos on Page 16.

Koch: No Citywide Mask Mandate Imminent

By SCOTT JACKSON

Mayor Thomas Koch said he has no plans at this time to reimpose an indoor mask mandate in the city of Quincy, and will not require municipal workers, including teachers, to receive the COVID-19 vaccine.

Gov. Charlie Baker lifted the statewide mask mandate in May and issued new guidance at that time allowing fully vaccinated individuals to go without masks in most settings and recommending, but not requiring,

masks for those who are not vaccinated.

Baker revised those guidelines in July amid the spread of the highly transmissible delta variant of the coronavirus, recommending fully vaccinated individuals wear a mask indoors in public settings if they or a household member are at high risk for severe disease from the virus. A handful of Massachusetts communities, including Salem, have imposed citywide mandates since then.

During a recent interview and at a School Committee meeting to discuss Quincy Public Schools' mask policy, Koch said he has no plans to impose a citywide mask mandate in Quincy in the immediate future.

"I have no intention as a city to mandate masks for indoor restaurants or other gatherings at this time. We will be following the data going forward, but I don't see a need for that," he said during the Aug. 18 commit-

"Adults certainly can make decisions based on their thoughts and opinions when it comes to that stuff."

Masks will remain mandatory for individuals in school buildings, on school grounds, and on school transportation, even when social distancing is observed, when the new school year begins next month. Koch said he supported keeping that requirement, first adopted prior to the start of the 2020-21 school

Cont'd On Page 11

Quincy's Population Could Be 110,000, Mayor Says

By SCOTT JACKSON

The city of Quincy could have nearly 10,000 residents who were not counted during last year's federal census, Mayor Thomas said in a recent interview.

Koch also said the city's population growth - more 10 percent over the past decade - shows that Quincy is a desirable place to live.

The US Census Bureau

on Aug. 12 released results from the 2020 census that put Quincy's population at 101,636 residents. That number is up from 92,271 residents in 2010, an in-

crease of 9,365 people or 10.15 percent.

During a recent interview, Koch said the city's population may be upwards

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Registration Open For Women's Conference - Page 9 **Gopuff Shop Proposed For Quincy Center - Page 13** Supplies Sought For Earthquake Victims - Page 19

City Schools Keeping Mask Mandate

By SCOTT JACKSON

be required for Quincy Public Schools students and staff at the start of the new Pub Health and Departacademic year next month.

held a special meeting on July issued updated mask Aug. 18 to review its policy on communicable diseases. including face coverings, ahead of the 2021-22 school in place its existing rules - first enacted prior to the mandate masks for all indion school grounds, and on out them. school transportation, even

when social distancing is Masks will continue to observed, without taking a vote on the matter.

The state Department of ment of Elementary and The School Committee Secondary Education in guidance for the new school year, but Gov. Charlie Baker said local districts would be able to set their own year. The committee left policies. The state guidance recommends but does not require unvaccinated stu-2020-21 school year - that dents and staff wear masks indoors while saying vaccividuals in school buildings, nated students can go with-

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Historic Sites Signage



NEW BLUE AND WHITE signage has been placed near some of the city's many historic sites. This sign is near the James R. McIntyre Government Center - old City Hall - near the Hancock-Adams Common. The informational signs explain the historic significance of the buildings along the "Presidents Trail" which includes the Adams Birthplaces, United First Parish Church and the Adams National Historical Site or "Old Quincy Sun Photo/Robert Bosworth

More Quincy news:

The Quincy Sun.com

Addressing Childhood Obesity And Youth Fitness

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

As you are undoubtedly aware, our nation is presently experiencing an epidemic of childhood obesity. Of course, the school closures and athletic team restrictions of the past year have been contributing factors to the increase in body fat and the decrease in physical fitness experienced by a large percentage of our youth population. Based on studies examining body fat percentage and physical fitness, for every youth who scores too high in body fat, at least two score too low in physical fitness

Overweight children typically become overweight adults, and overweight adults have significantly higher risk of serious degenerative diseases, including high blood pressure, heart problems, stroke, diabetes, several types of cancer, low back pain, and arthritis. Even worse, many children already show beginning stages of cardiovascular disease. Likewise, osteoporosis (insufficient bone development) is actually a childhood problem that manifests itself in the adult years.

In addition to the medical concerns associated with childhood obesity, there are many related physiological problems. Overweight youth usually score poorly on fitness tests such as timed runs, vertical jumps, long jumps, push-ups, pullups, sit-ups, and agility assessments. They generally don't do well in endurance activities such as soccer, or in jumping activities such as basketball. They don't even like to play tag because they are always "it."

Psychologically, research shows that obese children score very low in self-image and self-confidence. They seldom play sports, organized or otherwise, and are less involved socially than their more fit peers. One recent study (sadly) revealed that children who are obese and children who suffer from cancer have similar outlooks on life.

One thing we know for sure, the old adage that kids will eventually outgrow their weight problem is seldom true in today's sedentary society. With little activity time at school or at home, obese youth need all the help we can give them

OPEN HOUSE

to enjoy the benefits of effective exercise. Of course, any exercise is better than no exercise, but for best results the exercise program should match the physical characteristics of children.

Youth, especially elementary school-aged children, have a distinctly different physiological pattern for performing physical activity. They exercise all-out for 30 to 60 seconds, then they rest. After a minute or 2 of recovery, they exercise all-out again for 30 to 60 seconds. They basically have an innate ability to exercise in an interval-training manner. Conversely, most young people do not fit the adult exercise model of a 5-minute warm-up, 30 minutes of continuous cycling or jogging, followed by a 5-minute cool-down.

One important physical activity that matches children's physiological factors is strength exercise. In a typical program of resistance training, children perform a 30 to 60-second set of strength exercise, rest 1 to 2 minutes, then perform another 30 to 60-second set of strength exercise. In addition, heavier kids typically

lift more weight than their lighter peers, making this one of the few physical activities in which overweight children experience success and gain respect from their classmates. Another benefit of youth

strength training is improved body composition. Unlike other forms of exercise, strength training builds muscle and bone resulting-in a stronger musculoskeletal system for greater physical/functional capacity and lower risk of musculoskeletal injuries. You may have heard that strength training is detrimental to muscle and bone development in children, but nothing could be farther from the truth. To the contrary, a recent 9-month study with 9-year old girls showed 4 times as much bone mineral density increase in the girls who performed basic strength exercise compared to those who did other types of physical activity. In fact, every research study published on youth strength training has shown positive results, with no reports of injury or developmental delay in properly instructed and supervised programs.

With respect to recommended strength training protocols, boys and girls should perform about 8 to 10 basic resistance exercises that cumulatively address the major muscle groups.

chest presses, seated rows, shoulder presses, lat pulldowns, triceps extensions, and biceps curls, along with body weight trunk curls and body weight trunk extensions for the core muscles. Each exercise should be performed at a moderate movement speed and through a full movement range, with a resistance that can be lifted between 10 and 15 repetitions to the point of temporary muscle fatigue. , When 15 repetitions can be completed with good training technique, the resistance should be increased by ap-

proximately 5 percent. Proper training technique includes good posture as well as continuous breathing on every repetition. Fast reps, short reps, breath-holding, and twisting, turning, and squirming actions should be avoided. Although 1 strength training session per week is sufficient, our research shows significantly better results with 2 or 3 non-consecutive strength workouts on a weekly basis. Overweight boys and girls who do strength exercise in this manner average almost 3 pounds more lean (muscle) tissue and 3 pounds less body fat every 8 to 10 weeks of training.

Finally, most boys and girls (overweight or otherwise) actually like strength training. During our many years of providing youth strength training programs at the South Shore YMCA, the average attendance rate lege.edu.



WAYNE WESTCOTT

and course completion rate exceeded 90 percent. You may be sure that 20 minutes of resistance exercise, performed 2 or 3 days a week, is an effective and exciting activity that provides an excellent balance of challenge, achievement, and reinforcement for most young people, and especially those who have excess body fat. Thankfully, there are many fitness facilities (YMCAs, fitness centers, boys/girls clubs, etc.) in the South Shore area that offer supervised resistance training programs for preadolescent and adolescent youth.

Wayne L. Westcott, Ph.D., is chairperson of the Quincy College Exercise Science Department and director of the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne can be reached at 617-405-5978 or at wwestcott@quincycol-

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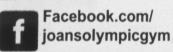
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Wollaston Beach Kids' Fest Sunday

ton Beach, in cooperation with Save the Harbor/Save the Bay (SH/SB), the City of Quincy Department of Natural Resources (QDNR), (WYC), the North Quincy High School Junior ROTC, and the Department of Conservation and Recreation (DCR) will hold its annual Kids' Fest on Wollaston Beach Sunday, Aug. 29.

The hours are from 1 to ing.

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The Friends of Wollas- 4 p.m. on Wollaston Beach, Quincy Shore Drive between Davis and Beach Street near the Wollaston Yacht Club.

the Wollaston Yacht Club series of age-appropriate in- who will create an art popup flatables, 5 in 1 Sports Center, Gaga ball, Musical Bubble Barge, Giant Connect 4, Giant Jenga, Corn Hole, glitter tattoos, face painting, prizes, and a DJ with music to facilitate games and danc-

Interior decorating,

home décor sewing,

downsizing/decluttering,

home staging,

decorating seminars

The Kids' Fest will also feature:

· Performers from the Boston Circus Guild

· SH/SB "Artist in Resi-Kids' Fest will feature a dence" www.greencrab.org to explain the green crab and its impact on Boston Harbor.

· Coloring books exploring the various fish and marine habitat in Boston Harbor, provided by Massachusetts Boating and Yacht Clubs (MBYCA) and Mass

Fisheries; · Dwayne the Storm Drain - an informative and fun coloring book discussing the impacts of stormwater - provided by the Massachusetts Water Resources Authority (MWRA).

• Fun take-aways such as kites, beach toys and fris-

In the event of inclement weather, any decision to cancel will be made by Saturday, Aug. 28 and will be posted on friendsofwollastonbeach.net and savetheharbor.org.

Koch To Serve On New MBTA Board Of Directors

By SCOTT JACKSON

Mayor Thomas Koch, the first person appointed to the new seven-member board that will have oversight of the MBTA, identified tackling deferred maintenance as one of the top challenges facing the transit agency.

Koch said he would also continue to advocate for a full-time ferry service based out of Squantum Point Park.

Koch was appointed to the MBTA Board of Directors on Aug. 17, becoming the first member of the new board that was created by legislation approved on Beacon Hill earlier this year. Koch was appointed to the Board of Directors by the MBTA Advisory Board, which includes the chief elected official of the 176 cities and towns the T serves. The advisory board's appointee to the board of directors is eligible to serve a four-year term, with the possibility of being reappointed to a second term.

In a recent interview. Koch, who has chaired the advisory board since 2011, said the board has long sought a stronger voice in oversight of the MBTA.

"Years ago, like 20 years ago, state law stripped the advisory board of some of its powers, one of which was the confirmation of general manager and two of which was the final budget vote. It became such a chaotic time to try to get the budget through, the legislature decided to make a change in that," Koch said.

"Since that time, the advisory board, including myself, has argued that makes the advisory board purely advisory and doesn't give us any teeth for anyone to lis-

"So, when the legislation started to be talked about, each of the communities advocated with their own reps and senators - I certainly did with the governor - to get a rep from the advisory board Charlie Baker and the leg-

to speak for those communities on this new board, whatever it would end up being."

Koch said he was nominated for a seat on the MBTA Board of Directors by Revere Mayor Brian Arrigo and Newton Mayor Ruthanne Fuller seconded the nomination. Members of the advisory board then voted 19-0 in favor of appointing Koch to the board of directors, with the city of Boston's representative abstaining.

"The city of Boston felt they should have the seat because so much of the T network is in Boston. My feeling was if Boston had the seat, it would have represented Boston and not the other communities," Koch

"I am grateful for my colleagues for the confidence they placed in me and I look forward to helping with some of the challenges we face."

Koch's colleagues on the MBTA Advisory Board said he would be an advocate on the new board for the communities the transit agency services.

"The appointment of Mayor Tom Koch as the Advisory Board's appointee gives a voice to a cities like Revere, and other communities in Greater Boston about how the T is run," Arrigo said in a statement. "Mayors make tough decisions every day, and this appointment adds an experienced and tested leader to the new MBTA governing board."

"The selection of Mayor Koch to the new MBTA governing board gives cities and towns a strong and effective voice in MBTA decision making," Fuller added. "Representation and advocacy for the residents of cities and towns matters."

Koch identified deferred maintenance as one of the top issues facing the transit agency, and credited Gov.

islature for addressing deferred maintenance in recent

"I've got to praise the

governor and legislature because they have been funding maintenance, deferred maintenance, which was

going on for years," he said.

"The Red Line - I'll speak to the Red Line because we're familiar with

able condition. Everything was coming apart. They are

Cont'd On Page 4

Quincy College Hosts Open House



QUINCY COLLEGE recently held an Open House for prospective students at Quincy Housing Authority's support services educational facility. Among those assisting the Open House were (from left) Ward 1 Councillor David McCarthy; Quincy College Workforce Development Coordinator Rhiannon Gorman; Admissions Associate Janet Pearson; Academic Support Specialists Jillian Benn and Brandon Chen; and Quincy College President Dr. Richard DeCristofaro. Photo Courtesy Quincy College

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• On Sept. 9, 1776, the Continental Congress formally declares the name of the new nation to be the "United States" of America. This replaced the term "United Colonies," which had been in general use.

• On Sept. 6, 1915, a prototype tank nicknamed Little Willie rolls off the assembly line in England. Far from an overnight success, it weighed 14 tons, got stuck in trenches, overheated and crawled over rough terrain at only 2 mph. With improvements, tanks would eventually transform military battlefields.

• On Sept. 11, 1930, Katherine Anne Porter's first collection of short stories, "Flowering Judas," is published. Porter went on to publish 25 stories and one novel, "Ship of Fools," which took her more than two decades to complete.

• On Sept. 10, 1940, in light of the destruction and terror inflicted on Londoners by German bombing raids, called "the Blitz," the British War Cabinet instructs British bombers over Germany to drop their bombs "anywhere" if unable to reach their targets. One even landed in the garden of Joseph Goebbels, the Nazi Party's minister of propaganda.

• On Sept. 7, 1950, Julie Kavner, perhaps best known as the voice of Marge Simpson on "The Simpsons," the longest-running animated show in TV history, is born in Los Angeles.

• On Sept. 8, 1974, in a controversial executive action, President Gerald Ford pardons his disgraced predecessor Richard Nixon for any crimes he may have committed or participated in while in office. Ford later explained that he wanted to end the national divisions created by the Watergate scandal.

• On Sept. 12, 1993, the rebuilt Lacey V. Murrow Bridge over Lake Washington opens in Seattle. The old bridge was almost 2 miles long, contained 100,000 tons of steel and floated on more than 20 hollow concrete pontoons. During repairs in 1990, the bridge broke apart and sank in a flood.

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Water Conservation Tips

By RIA CONVERY **Communications Director, MWRA**

Your drinking water comes from the Massachusetts Water Resources Authority's Quabbin and Wachusett Reservoirs. Together, they can store over 475 billion gallons of water. The reservoirs are so large that they can withstand short- and medium-length droughts and dry periods without significant impacts on their operating levels. However, water is a precious and finite resource - and every drop counts.

Saving water can save you money by lowering your monthly water bill and reduce energy costs by decreasing the energy needed to clean, pump and heat water for our daily use. Water conservation also helps minimize ecosystem impacts by reducing the water we return to the environment.

Since the late 1980s, residents and businesses in the MWRA water service area have reduced the daily volume of water used from over 340 million gallons to about 200 million gallons through aggressive leak detection and repair, new water-efficient appliances and changes in the plumbing

Here are some of the ways to make your home and daily habits more water efficient.

Water Conservation Tips for Saving Water Indoors

We can all use at least 20 percent less water by installing water-efficient fixtures and appliances. Toilets alone account for a third of residential indoor water consumption.

· Low-flush toilets could cut your home water consumption by 25% or more. Older toilets can use over 6 gallons per flush compared to the current state standard of no more than 1.6 gallons. And newer models can use as little as 1.3 gallons per flush. Look for WaterSense® labeled toilets, with various options for both high efficiency and high performance to meet your family's needs while also saving you water.

• Leaks can waste 180 gallons per week. Check for leaky pipes, faucets or toilets. To see if your toilet has a leak, simply add a dye tablet or food coloring to your toilet's water tank. If any color dye appears in the bowl within 15 minutes, you have a leak. The flush valve or flapper can be easily cleaned or replaced.

Simple water saving practices can also be implemented for your shower, bath or sink.

 Replace dripping faucets and showerheads. Installing new fixtures are an easy and cost-effective way to reduce water use. Installing a low-flow faucet aerator can reduce the flow from 2 to 7 gallons to 1.5 gallons per minute.

 Turning off the tap while you brush your teeth or shave can save 8 gallons per day.

 Showering for 5 minutes uses only 10 to 25 gallons while a full bathtub uses up to 70 gallons. Try conserving water by taking shorter showers or filling the tub only halfway.

Look for the Energy Star label for the most efficient household appliances. Reduce your water consumption by only washing full loads of dishes or clothes.

· High-efficiency dishwashers can save you money, water and energy. A certified dishwasher costs \$35 per year to run. On average, a new high efficiency dishwasher can save you 3,870 gallons over its lifetime.

· High-efficiency washing machines can save more than 2,000 gallons of water per year compared to a stan-

Water Conservation Tips for Saving Water Outdoors Water demand increases in the summer time. Learn how to conserve water while gardening and landscaping

• Plant the right plants. Lawns planted with fescue grasses do better than bluegrasses during periods of low rainfall and are slower to go dormant. Check MWRA's

> most important, some have rapid transit, some have all of them," he said. "I certainly want to advocate for ferry going forward as part of the modes of transportation for Quincy, and there will be a lot of discussion about ex-

> > pansion, the various lines. "And I certainly don't want them to forget about

ferry stopping at Squan-

tum Point Park in Quincy. Koch said he is committed to bringing full-time ferry service to the city, whether it is through the MBTA or another entity.

"It is my goal eventually," he said of full-time ferry service. "Whether the T becomes that vehicle where they have subsidized some operations or whether it is Massport or some other authority, that is something I will continue to be advocating for. I haven't moved on that.

"We live on the water. There is what, 15 prime

Harbor...there are cities all around the world that are on the water that use far more water transportation to their advantage than we do. I think we have to a closer look at it.

"There is definitely, I think, a will there overall, but it is making it happen infrastructure-wise, which is where the cost is usually."

currently running for mayor of Boston have proposed making the MBTA free for riders, whether on all modes

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Garden and Landscaping Water Conservation webpage for more tips on saving water outdoors and look for the low water-use plants chart for examples on the other type of plants that thrive in drier soil.

· Golden brown grass is OK. Don't panic if you lawn fades, this is normal. Grass naturally becomes dormant during hot, dry periods and will revive when conditions improve. This actually deepens the roots and makes the lawn more drought-resistant.

· Longer grass retains more moisture since it shades the roots. Raise the mower blade level to 2 to 3 inches for longer grass.

• Don't overwater. Automatic sprinklers often use 20 to 30% more water than hand-held home watering. Adjust your irrigation timer frequently to account for changes in weather. However, drip irrigation and soaker hoses are the best ways to water, especially in areas of your garden that need the most water.

 Install a WaterSense labeled irrigation controller, which uses local weather and landscape conditions to water only when plants need it. Consider installing a rain shutoff device, soil moisture sensor or humidity sensor to control irrigation.

• Timing is everything. The best times to water your lawn are very early in the morning (4 to 6 a.m.) to avoid high rates of evaporation and sun-burnt grass.

• The Inch Rule. Established lawns, shrubs and most vegetables and flowers only need one inch of water a week. If there has been an inch of rainfall during the week, you don't need to water at all. How can you tell if your yard has received an inch of water? Collect rainfall or sprinkler water in a container such as a coffee can, then measure with a ruler. Inexpensive gauges are available at most garden centers.

 Maintain healthy soil by checking for dryness. Ensure water soaks down 3 to 4 inches and water only when the soil is dry to a depth of 1.5 inches. Incorporate organic matter such as peat moss, composted leaves, composted manure, composted kitchen vegetable scraps and grass clippings to improve soil structure and enhance moisture-retaining capabilities.

• Use mulch to keep roots moist. Mulch can serve as ground cover that reduces water evaporation from the soil and reduces the number of weeds that would otherwise compete with the plant for available soil moisture.

Visit MWRA's website at mwra.com for more information about your water system and how you can conserve

Conserving water every day ensures that it will be there in times of need. Emergencies like fires and droughts are better managed when there is enough water supply. And remember, every drop counts.

Koch To Serve On New MBTA Board

spending billions of dollars

Cont'd From Page 3

upgrading the systems that should have been going on right along. I think we are in a better place, but we have work to do."

Koch committed to visit each MBTA community, review their facilities and understand each of their unique challenges and opportunities over the next six months. Each community, he said, has its own needs.

"Every community is different. Some communities it is all commuter rail, some communities the bus line is

the Quincy Center station."

The city of Quincy has partnered with the town of Winthrop to offer seasonal ferry service between those two communities and Bossince 2016, with the

communities on Boston

Some of the candidates

Scenes From Yesterday



THIS IS A 1923 real photo postcard view of the old Brooks-Skinner Company's outdoor small-building exhibit on Adams Street in Lakin Square. The company started in Randolph and moved here in Quincy where they built a large fabrication factory on land between what is now Stedman Street and Wallace Road. They sold a wide-range of buildings made of wood and steel including garages, bungalows, cottages, cabins, gas sta-

tions, storage buildings, school houses and many others. They built up to 3,000 buildings a year at their plant here. The exhibit area shown above was between Robertson and Stedman Streets. In this view today a Burger King is on the left and a Seven-Eleven is on the right. The old factory on Stedman Street has been demolished and replaced with single-family houses.

From the Tom Galvin Postcard Collection

READERS FORUM

Not Surprised By QEA Endorsements

I am not surprised by the endorsements of the QEA whereas they are affiliated with the Massachusetts Teachers Association (MTA) and the National Education Association (NEA).

This to me says a lot about their choices and the direction of where they want the educational system in Quincy to go. The NEA is a huge proponent of the "Critical Race Theory" which wants to indoctrinate our kids in the belief that the White populace through history were not only bigots but privileged. It doesn't seem to matter that over 620,000 soldiers lost their lives to abolish slavery during the Civil War and more recently we have elected a Black man President and a woman of color Vice President. Scattered throughout this country there are a significant number of elected Black politicians both men and women. Yet people want to hang the guilt sign on the many folks living today for the injustice's done in the past 150 years and prior to the Civil War.

I'm sure I will hear from the people on the side of CRT loud and clear and hear at the very least, "we must have a conversation" about this. No conversation is necessary. All CRT will do is divide us even more as a country. Many states have already implemented laws stopping it from be-

You can enlighten me by posting each candidate's position on this issue. Maybe I'm mistaken by judging these candidates' position, but I doubt it. Prove me wrong, please. **Edward Spring**

Urges QEA To Interview All School Board Candidates

In the August 19, 2021, edition of The Quincy Sun, the Ouincy Education Association endorsed two candidates for School Committee. I was outraged when I read of their endorsement, and I commend Tina Cahill for bringing to light the flawed manner the QEA Candidate Recommendation Committee used for their selection process.

By way of full disclosure, I am working for the Lebo for School Committee campaign. I am also a retired Quincy Public School teacher who sat on the Candidate Recom-

Candidate Letters Of Support Posted On Quincy Sun Website

The Quincy Sun has started receiving letters of support from residents for candidates on the ballot in this fall's municipal elec-

These letters will appear on The Quincy Sun website.

To read these letters visit TheOuincySun.com and hit the "City Election" button on the home page.

Posting the letters on the website will allow all letters of support to be shared with our readers.

Letters of support can be emailed to the following email address: thequincysun@verizon.net. Letters should include the name of the letter writer and a daytime phone number so that we can confirm the letter writer's name.

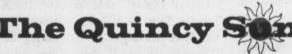
mendation Committee on several occasions during my 40 years of service. During my time our recommendations were made by thoroughly vetting and interviewing each and every candidate. We scheduled interviews of approximately one hour, asking each candidate the same slate of questions. I recall one time when candidates were given a written questionnaire to submit prior to being interviewed. Once this work was completed, the committee then met to review the candidates' answers. After lengthy and lively debate, we made our selections.

I now know neither Tina Cahill nor Emily Lebo was given any opportunity to speak with the QEA Candidate Recommendation Committee. I strongly urge QEA to reconvene the subcommittee and interview all candidates so their public endorsement will have some weight.

> Linda Monaço Quincy

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Quincy's Yesterdays 44 Years Ago

This Week 1977

LaRaia Master Plan: Raze, Rebuild Half Of Downtown Area

Mayor Joseph LaRaia will unveil a comprehensive downtown Master Plan in six phases that calls for the eventual demolition of virtually half of Quincy Center from Cottage Avenue to Elm and School Streets.

It will include a new highway through the very center of downtown Quincy from Granite Street across the old Soda Hut through the site of the Kincaide's building, to join a reconstructed McGrath Highway on the other side of Hancock Street.

It will also feature an international merchandise mart over the Hancock Parking area, a high-rise motel topped by a restaurant at the site of Napoli Pizza and a high-rise office building on the site of the Colman's parking lot.

The plan, designed by Planning Director L. Norman Lundin and T. Owen Trainor Associates, Inc., architects, is to be officially presented to businessmen and city officials Aug. 26 at the Quincy High School Method Center.

Laraia sees under \$5 tax hike

Mayor LaRaia says he expects that the assessors will be prepared by the end of August, to set the tax rate for 1978 and it will show an increase of less than \$5 over the \$194.80 rate of last year.

He said the state Department of Corporations and Taxation will probably approve the rate a day or two later if the City Council resolves pending financial matters at its upcoming special meeting.

QUINCYISMS

Mayor LaRaia presented a commendation to Mrs. Angelo Pinto of 601 Quincy Shore Drive for her rescue of a drowning 52-year-old man Aug. 8... Jason's Music and Luggage Shop, 1514 Hancock St., Quincy Center, was advertising a "Back to School Sale, all items sold at discounts between 20% and 50%"... Kathleen B. Foley, 80 Graham St., Quincy Point, a Cadette Girl Scout, received the First Class A Award in Scouting, which is similar to the Eagle Scout Award for boys. The award was presented at ceremonies in the Quincy Point Congregational Church... Mark L. Nankin, D.D.S. announced the opening of his office for the practice of General Dentistry. The office is located at 215 Parkingway, Quincy Center... Three young ladies from Quincy were honored for their service to the community, to the Camp Fire Girls and to the ideals of work. Members of the Horizon Club, they were Ann Marie Nunnari, Kathleen Cogliano and Marianne Spring... The Open Pantry Food Mart, 318 Furnace Brook Parkway, Quincy, "Grand Opening Specials included Schlitz Beer, \$5.99 a case, Large Eggs, \$.69 a dozen and Roast Beef, \$.99 a half pound"... City Councillor Paul Harold gave a slide presentation on Israel at a recent meeting of the Sacred Heart Silver Citizens Club... Joan Picard, Director of the Let's Have Fun Nursery School, 867 Hancock St., Wollaston, announced that applications were being accepted for September pre-school education programs... Roland "Pop" Josselyn a long active member of the Houghs Neck community, died at the age of 93... Richard J. Koch, general chairman of the 1977 Quincy Center Crusade Drive, announced that as of Aug. 18, a total of \$20,480 had been received in all categories. This figure represents almost 80% of the Drive's goal of \$25,750... Coast Guard Commander Ernest Bizzozero, son of Marion Bizzozero of Quincy, has reported for duty at the U.S. Coast Guard First District Office, Boston... Kim Scigliano, 10, daughter of Mr. and Mrs. Edward Scigliano, 45 Nightingale Ave., South Quincy, was selected Miss Quincy Junior for 1977. The contest was sponsored by the Quincy Recreation Department...Quincy Typewriter Service, 5 Maple St., Quincy Center, was advertising "Smith-Corona Electric Typewriters for only \$219"... Past State Department Commander John P. Comer, 45 Lancaster St., Quincy Point, was attending the 59th National Convention of the American Legion in Denver, Colorado... Norfolk County Sheriff Clifford H. Marshall was appointed state director of the National Sheriff's Association for 1977. Sheriff Marshall was also president of the Massachusetts Sheriff's Associations... Phase II Jewelry, 1361 Hancock St., was offering "14KT Gold Serpentine Bracelets. Regular price \$29 for \$16.75"... Four Quincy residents were welcomed into the freshman class at Regis College in Weston. They included Elizabeth A. Donovan, 116 Russell St., Jayna E. Lee, 48 Prospect St., Charlotte A. O'Malley, 78 Andrews Rd., and Kathleen B. Rogers, 27 Flynt St.

Arts & Entertainment

MPL Programs For Adults, Families In September

By JEAN HLADY **Milton Public Library**

In September, the Milton Public Library is offering a nice variety of entertaining and educational programs for adults and families, both virtually and in person (depending upon the date and topic). Check the details which follow carefully to determine how to participate in an individual event. For some of our in-person events, we are planning to offer a Zoom option too as an alternative, but you do need to sign up in advance for either choice at our website which is www.miltonlibrary.org and all of these programs now require registration.

The first virtual program will be on Wednesday, Sept. 8 at 7 p.m., with local author Rana el Kalouby as she will talk via Zoom about her fascinating book called "Girl Decoded" (New York: Currency Books, c2020). In this captivating memoir, an Egyptian American scientist and CEO provides an intimate view of her personal transformation as she followed her calling to humanize technology. Rana el Kilouby is a rarity in both the tech world and in her native Middle East: a Muslim woman and leader in a field that is still overwhelmingly white and male. For all the details and to register in advance, go to www. miltonlibrary.org and click on events from the main page. You can also call the Reference Dept. at (617) 898-4964 to place a reserve on the title and we hope you will join Library Director Will Adamczyk as host for this enjoyable event.

On Thursday, Sept. 9, at 7 p.m., the Celebrity Book Club is back and live in person in the Keys Community Room so please join Sally Lawler and Sara Truog to "read what the celebrities are reading." The book for September is "Leave the World Behind" by Rumaan Alam, and is recommended by former President Barack Obama. You may call the Reference Dept. at (617) 898-4964 or go online to place a reserve on this title in advance. The in-person discussion will also be



EHRIS URBAN and Velya Jancz-Urban will present "Fit as a Fiddle: Building Robust Immunity with Herbs" via Zoom Tuesday, Sept. 14 at 7 p.m.



MILTON PUBLIC LIBRARY'S 2021 "Writer-in-Residence," Joan F. Smith, will give an in person talk called: "So you Want to Publish a Book?" on Wednesday, Sept. 15 starting at 7 p.m. This event will also be available via Zoom.

available via Zoom so when you register at our website, please indicate how you would like to participate on the sign-up form.

Also on Thursday, Sept. 9 at 7 p.m. and on Saturday, Sept. 18 at 10 a.m., the Library Knitting Group will meet in person in the Conference Room of the Library on the lower level. This is a fun get-together of likeminded people who enjoy knitting and knitting patterns, and it's a nice opportunity for sharing your current project with others and making new friends at the Fall and if you would like to be added to the coordinator's list, email Jean Hlady, Head of Adult Services/Reference, at jhlady@ocln.org and she will make sure his happens. If you love to knit, please check out this nice program starting up again in

As part of our "Milton Moves" initiative - which promotes fitness, wellness, and healthy eating - there

will be a virtual only event via Zoom called "Fit as a Fiddle: Building Robust Immunity with Herbs" on Tuesday, Sept. 14 at 7 p.m. (Note that this program will only be offered online.) The presenters are Ehris Urban and Velya Jancz-Urban. The speakers are returning via Zoom to share their knowledge of what to do to make sure your immune system is working properly. Our immune system is constantly protecting us from bacteria, viruses, and toxins, to remove foreign bodies and malignant cells from same time. The group plans our system. In this event, to meet twice a month this you will learn how to make 3 wonderful natural and holistic remedies yourself with this mother/daughter team. As a zany former teacher and a grounded green herbalist, Ehris and Velya offer many natural health and women's history related programs as part of their CT company called the Grounded Goodwife. Please sign up in advance to receive the Zoom link.

The Milton Public Library's 2021 "Writer-in-Residence," Joan F. Smith, will give an in person talk called: "So you Want to Publish a Book?" on Wednesday, Sept. 15 starting at 7 p.m. This event will also be available via Zoom if you would like to participate remotely instead. You want to write a book, or you've already written



LET'S DANCE Boston instructors Eileen Herman-Haase and Raul Nieves will offer a :Learn to Dance: West Coast Swing" class Tuesday, Sept. 28 in person at the Milton Public Library Keys Photo Courtesy Andrea Shea/WBUR Community Room.

one. What comes after that? Who is supposed to edit your work? What is the role of a literary agent, and how do you get one? How do you get a book deal with a traditional publisher? Learn all about this topic from Ms. Smith, who is the author of The Half-Orphan's Handbook and the forthcoming It Ends with December, both published by Macmillan. Sign up in advance at our website, indicate if you are attending in person or via Zoom, and if the latter, a Zoom connection link will be Emailed to you on the day of the program.

The MPL Walking Club returns in person on Thursdays, scheduled for the following dates: Sept. 16, Sept. 23 and Sept. 30, starting at noon, to meet in the library parking lot (weather permitting). Join staff from the Library for a one-hour lunchtime walk through the neighbourhood, to discuss good books, the great outdoors, and whatever else comes to mind. You need to bring: a mask, appropriate footwear, and an adventurous spiritl. While this is a weekly group, advance registration for each individual session is required.

There will be an enjoyable Zoom program called "Armchair Travel: Paris - City of Lights!" held on Tuesday, Sept. 21 at 7 p.m. with Mike and Angie Chute. They will tell us all about their travels to the beautiful city of Paris, France, including lots of visuals to entertain and educate. From Blvd. Montparnasse to the River Seine, from the Eiffel Tower to Notre Dame Cathedral, the city of Paris is the epicentre of European culture. Join our a la carte hosts as they visit iconic

museums - the Louvre, the Orsay, and the Rodin. Dine with them in elegant French restaurants as well as at cozy, intimate neighborhood bistros and at inexpensive but delicious creperies. Wander through Luxembourg Gardens and down the small, winding streets in Montmartre, Paris' oldest neighborhood. Advance registration is required.

As part of our "Milton Moves" initiative, the instructors from Dance Caliente in Medford will be back on Tuesday, Sept. 28 in person in our Keys Community Room to teach a "Learn to Dance: West Coast Swing" class from 6:30 to 8 p.m. Teachers Eileen Herman-Haase and Raul Nieves are offering this event for us as part 2 of a three-class dance series this year.

This is an in person class (unlike the previous Zoom one) and we ask that you bring a partner but they do not have to be of the opposite sex - any enthusiastic friend or relative will do! The focus is on the steps. of the mayes as you try them out on the Library's new dance floor.

West Coast Swing is a smooth and contemporary form of Swing Dance and although its roots are from the 1940s Lindy Hop, its smoother form developed during the 1950s in the L.A. area to become the CA state dance. This class is limited to 16 people, or 8 couples total, because of the size of our dance floor. We recommend that you wear a mask and that you have been fully vaccinated for this event, although these precautions are not required to attend the program. Please sign up in advance and each in-

dividual who will attend needs to register individually at this link: www.eventkeeper.com/mars/xpages/m/ miltonpl/ek.cfm (you may have to copy and paste this into your browser). Once at "events," choose the date of Sept. 28th and please note this program starts earlier than some, at 6:30 p.m.

And finally, on Wednesday, Sept. 29, from 10 to 11:30 a.m., there will be a fun and educational in person "Urban Hike: History Lives Here Tour" of the Milton Cemetery. In this collaboration between MPL and the cemetery, we will focus on the lives of "permanent residents" who now call the cemetery home. We will meet in the parking lot of the Library, and walk from there to the cemetery - then return to the Library post-tour.

Needed to participate: a mask walking shoes and an adventurous spirit! Advance registration is required and will open 3 weeks before the program, This program is also part of our year-long thythm and embellishments initiative called "Milton Moves" which is focused on fitness, wellness, and

healthy eating. All of these events will be held in the Keys Community Room unless otherwise noted here and they are all kindly sponsored by the Friends of the Milton Public Library. Please read our program entries carefully to make note which ones will be in person and those that will be via Zoom, and for any questions, email ihlady@ocln.org or call her at the Reference Dept. which is (617) 898-4964.

We hope you will join us after Labor Day for one of our fun programs!

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Nursing Student Timothea Vo Awarded \$15,000 Grant From Jonas Philanthropies

Timothea Vo of Quincy graduated in 2015 with a bachelor in science in nursing from the University of Connecticut School of Nursing (UCONN SON) and is currently pursuing her doctorate at her alma mater.

Vo has been awarded a new fellowship grant of \$15,000 from Jonas Philanthropies, a leading national philanthropic funder of graduate nursing education.

The grant will fund Vo from 2021-2023. The grant will empower and support nursing students with financial assistance, leadership development and networking to expand the pipeline of future nursing faculty, researchers and advanced practice nurses. UCONN SON and Jonas Philanthropies believe the investment in the education of nurse leaders is critically important to improve the healthcare system.

After completing her bachelor's degree, Vo spent five years at the bedside. She continues that work now, while also pursuing her Ph.D. under the mentorship of UConn Board of Trustees distinguished professor Cheryl Beck.

"It truly has been a pleasure, and so rewarding for me, to see the tremendous growth in Thea over her years at UConn," Beck says. "We started together when Thea was an undergraduate honors student and I was her honors advisor. Her scholarship is so thoughtful, cutting edge, and impeccable. She will definitely be one of the upcoming leaders in the profession of nursing. Thea is such a valuable gift to Asian childbearing women as she focuses on improving the care they receive during childbirth."

Vo is now part of the new 2021-2023 cohort of more than 75 Jonas Nurse Scholars pursuing PhD, DNP or EdD degrees at 49 universities across the country whose doctoral work will focus on such critical health priorities as Environmental Health, Vision Health, Psych-Mental Health, and/ or Veterans Health. They join more than 1,000 Jonas Scholar alumni representing 157 universities across all 50 states. As a 'Jonas Scholar 2021-2023', Timothea Vo joins Jonas Philanthropies' efforts to improve the quality of healthcare by specifically address our nation's most urgent needs.

"Each year, we grow more in awe of all our Jonas Scholars have achieved. It is with great honor that we welcome and celebrate this new cohort of nurse leaders," says Donald Jonas,



TIMOTHEA VO

who co-founded Jonas Philanthropies with his late wife Barbara Jonas. "With more than 1,400 Jonas Scholars to date who are committed to meeting the greatest health needs of our time, we look forward to continuing our work with our partner nursing schools and expanding our impact to advance care for the country's most vulnerable populations."

Vo's research aims to specifically address the psychiatric and mental health problems Asian childbearing women experience, but are likely to underreport due to societal, familial, and cultural pressure.

"I was reading a research article from 2006 and I stumbled upon this phrase 'cultural alienation," she says. "The researchers explored Asian immigrants' childbirth experiences in western countries - specifically the U.S., Canada, and Australia - and found that Asians experienced cultural alienation. Ever since then, I've been grappling with that term. It's been in my head every morning when I wake up.'

Vo said she aims to explore how nurses can change that and provide culturally affirming maternity care, whether it be at the bedside or through community programs. She recently became Certified in Transcultural Nursing, a CTN-B, from the Transcultural Nursing Society. It also is in line with her program of research she is trying to develop and her doctoral studies at UConn.

"This Ph.D. program is right on the pulse of what I want to do with my life, for my family, for my community - not just Vietnamese people, but all Asians," Vo says. "I'm so honored to have received this grant."

ARTIST RENDERING shows the inside view of a new craft brewery slated to open at Marina Bay this fall. Break Rock Brewery will highlight the city's history and "those who make it great," according to proprietor Jay Southwood.

Craft Brewery Opening This Fall At Marina Bay

It is almost time to check 'craft brewery' off as a reason for visiting the vibrant, coastal South Shore neighborhood of Marina Bay. The City of Quincy has long been one built by and for the diverse, hardworking communities that call it home.

Break Rock Brewing plans to take that theme and run with it; highlighting the city's unique history and those who make it great.

Phase Zero Design has led architecture and interior design for the Break Rock brand's first brewery and taproom. Haynes Group recently broke ground on the project and will manage construction efforts on-site. This will be the third brewery that the design/build team has collaborated on.

In February of 2019, proprietor Jay Southwood Associate Principal and Architect at Phase Zero Design as well as Patrick Andrews, Senior Vice President of Hospitality at Haynes Group. Together, they worked to solidify a vision, goal, and plan to bring the Break Rock brand to life. The project team toured several buildings and unique spaces before pinpointing Marina Bay.

"At our first meeting, Jay pointed out that Quincy was the largest locality in New England without a single craft brewery," Joyce recalls. "He also reminded us of its long, storied history as a granite quarrying community. He shared his desire to highlight this, and other aspects of Quincy's remarkable past."

connected with Mark Joyce, ery will pay tribute to Quincy's origin through the use of natural elements such as granite and wood. It will also feature bespoke wall graphics and historical vignettes, like a reproduction of Arthur Griffin's 1938 TIME magazine cover depicting local teens diving off the quarry walls. All while taking advantage of the vast outdoor spaces and sweeping views that Marina Bay has to offer.

"The Haynes Group Hospitality team is uniquely equipped to handle the construction of Break Rock Brewery," said Patrick Andrews. "We've built several other breweries throughout Massachusetts, each with their own array of challenges-this will be our third with Phase Zero Design and The design of the brew- I am confident in our team's

abilities to bring Break Rock Brewing's vision to life."

Southwood said: "I always knew I wanted to be in beer. I grew up on the South Shore, so Quincy just made sense for me." His inspiration is simple, "being able to share my passion with this city and the greater South Shore is incredible. Quincy wants a brewery. It is ready for its own."

"[The pandemic] changed our timing, we were supposed to open last year but that obviously got delayed," Southwood continued. "We are excited to be back on track now. As far as vision, we still want this to be a brewery and taproom focused on the people who support it. We're starting to see the light at the end of the tunnel."

Construction on this firstof-a-kind project for Quincy is slated to wrap up in October. Break Rock plans to open their doors this fall.

Myles Proe Business Banking Manager At Quincy Credit Union

Quincy Credit Union announces Myles Proe, of Easton, is the Credit Union's Business Banking manager.

"We are excited to welcome Myles to the team. In his new role, Myles will help meet the lending needs of our small business members," said QCU CEO John Miller. Originally from Millis, Proe is a graduate of Xaverian Brothers High School in Westwood. He earned a BS in economics from Salve Regina Univer-



MYLES PROE sity, Newport, Rhode Island.

Proe will partner and consult with a variety of businesses types including small businesses, partnerships, and corporations to provide competitive and personalized commercial lending options like construction mortgages, commercial vehicles, 1st and second commercial and business mortgages, and revolving lines of credit.

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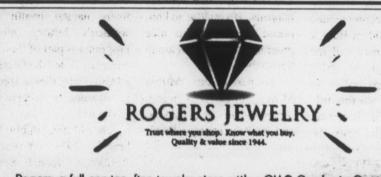
61 Southern Artery QUINCY 617-773-7620

High Holiday Services At Temple B'nai Shalom

High Holiday Services will be held at Temple B'nai Shalom of Braintree, 41 Storrs Ave., Braintree, for Rosh Hashanah the evening of Sept. 6th and on Sept. 7th and Sept. 8th, and for Yom Kippur, runs the evening of Sept. 15th and all day Sept. 16th.

High Holiday Services will be held both in person and virtually. In order to ensure everyone's safety all who register to attend must show proof of vaccination before admitted to Services. Children under 12 will be required to wear a mask.

To make your reservation and for any questions you may have, call the temple at 781-843-3687 and leave your name, the reason for your call, and your telephone number.



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Design Appraise

Sticker Shock: Owning A New Vehicle Costs Nearly \$10,000 Annually

AAA Advises Car Buyers To Budget For More Than The Monthly Payment As Car Prices Increase

According to the latest research from AAA, the average annual cost of new vehicle ownership is \$9,666, or \$805.50 per month. The biggest factor pushing the nearly \$10,000 annual price tag is depreciation. It accounts for 40% of all ownership expenses outpacing additional costs like fuel and maintenance.

With low inventory at dealerships due to the semiconductor chip shortage, AAA urges new car buyers to be aware of all the expenses associated with ownership so that they can negotiate the best deal for their budget.

"Consumers have to remember the expense of yond the monthly payment," said Mary Maguire, AAA Northeast Director of Public and Government Affairs. "Plus, we are seeing costs increase for a number of products recently, and cars' are no exception. This trend will likely continue as new vehicles come equipped with the latest technology, which naturally drives up the sticker price."

The 2021 AAA Your Driving Cost study reviewed nine categories of vehicles consisting of 45 models – to determine the average annual operating and ownership costs of each. AAA selects top-selling, mid-priced models and compares them across six expense categoowning a car goes far be- ries: fuel, maintenance/re-

pair/tire costs, insurance, license/registration/taxes, depreciation and finance charges. Depreciation - a measure of how quickly a car loses value - remains the single biggest cost (40%) of new vehicle ownership. Other key findings of this year's Your Driving Costs

• Fuel Costs: on average, fuel costs 10.72 cents per mile. This is based on data from May 2020 - May 2021, which does not include recent spikes in gas prices. Fuel costs vary widely by vehicle type, ranging from a low of 3.66 cents per mile for electric vehicles, to 15.81 cents per mile for pickup trucks.

Maintenance, repair

and tire costs: on average, maintenance and repair costs 9.55 cents per mile. Just like fuel, electric vehicles are on the lower end of the spectrum, costing 7.70 cents per mile, while medium sedans are the most expensive at 10.43 cents per

· Finance charges: the cost of vehicle loans decreased due to a drop in the prime lending rate. The average interest rate in 2021 is 4.12%, which is 1.056 percentage points lower than last year.

As part of the Your Driving Costs study, AAA tracks changes in buying patterns and makes changes to the type of vehicle categories considered to match those trends. For several years now, buyers have moved away from previously popular categories like sedans to newer styles like compact SUVs. For 2021, AAA added two new categories: subcompact SUVs and midsize pickup trucks. These replaced large sedans and minivans, both of which no longer offer enough new models to be tracked.

The average price of a new vehicle for 2021 is \$32,903, which is \$1,502 (4.78%) higher than last year but is mostly due to the addition of new models

to the Your Driving Costs study. Models in the small sedan, medium sedan, medium SUV and hybrid categories averaged an increase in vehicle price of \$3,064, led by hybrids as consumers opt for larger (hence more expensive) models in this category. Pickup trucks saw an increase of \$4,684 (an average of 11%); however, this has not affected their popularity, as they remain the best-selling category of those included in the study.

Buying a car is the second biggest purchase behind a home that most people will make in their lifetime. The car buying process can be seen as difficult, timeconsuming and stressful. With strains on inventory this year, it is critical for consumers to do as much research as possible before beginning the buying process. Understanding all the options available as well as individual needs can ease some of the anxiety associated with purchasing a car. AAA offers the following guidance when it comes to shopping for your next ve-

 Before considering any specific makes or models, consumers should determine what makes sense for their budget including tradein value and down payment

 Another important consideration is whether to finance or lease. For someone who is an early adopter of new technology, likes to change cars often or doesn't put a lot of annual miles on a vehicle, leasing may make more sense. Consumers should evaluate both options and pick the one that will best suit long-term

 Manufacturers and dealerships sometimes offer extended loan terms as an incentive to buyers. In some cases, these loans can be as long as 84 months with interest as low as zero. Initially, a loan like this may be attractive to a buyer since it helps lower the monthly payment. However, consumers should know that with long-term loans comes a period of time when the vehicle will hold less value than what is owed due to depreciation.

 Look at pricing options for both new and slightly used vehicles. New vehicles typically come with longer warranties, buying incentives from the automaker, the latest features and are widely available. When it comes to used vehicles there are two types to choose from - certified pre-

Cont'd On Page 10

WHAT'S COOKING

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Scallop Shrimp Croquette Only 5 Ingredients

By MARIE

Today's recipe for Scallop and Shrimp Croquette is not the norm – I recently made croquettes using scallops and shrimp instead of chicken or salmon. Even though I enjoy those too, these croquettes with Shrimp and Scallops are superbly delicious and I hope you will like these as much as my family and I did.

Ingredients and Directions

4 large shrimp, cleaned and deveined

4 large scallops, rinsed

1 egg

1 tablespoon of lemon juice

½ cup bread crumbs

2 tablespoons of scallions sliced Oil for frying

Cover bottom of skillet with vegetable oil and sauté the shrimp and scallops sprinkle with juice of lemon as these cook.

Remove and set aside until cool.

Put them in food processor to dice or cut finely.

In a bowl, beat the egg, stir in the cooked, cooled scallops and shrimp.

Add the breadcrumbs and scallions and mix all ingredients well.

Form into 5 patties and then dust with additional breadcrumbs.

Add a little more oil to the skillet and fry the patties flipping once until golden browned and cooked through about 2 minutes on each side

Serve with crispy summer salad or rice or any favorite side.

MPL's Wotiz Gallery Shows Diversity Labor Posters In September

From Sept. 1-28, the Milton Public Library will host its first live exhibit since Covid shown in the library's Wotiz Gallery.

The exhibit will feature a collection of colorful and artistic employment-related union posters from around the world owned by Stephen Lewis. The topic of this interesting display is "diversity" in the workplace.

Organizations in man countries use posters to communicate ideas and messages to their audience. Posters are sometimes used as billboards and are pasted on walls, fences, and poles all over a city. Unions sometimes hang posters in workplaces to warn of dangers, educate about benefits or inspire actions. Posters sometimes use mainly the written word to communicate a message. Other times they rely on creative art to communicate the idea. It is an art form that is easily accessible to many people. The art goes to the people rather than the people having to go to a museum. It is a communication tool that is less frequently used by unions in the United States. As commercial advertising calls for more consumption, a political poster calls for more action.

The ideas depicted in

this exhibit encourage us to think about stereotypes and our perceptions of how we view others. Some posters go further by encouraging not only a change in thinking, but also suggest ways to make changes. Themes include immigration rights, racial tension, violence against women, and religious strife, and this display represents all of these challenges. Hating someone because of their skin color, religion, disability, gender, or sexual preference is a way of dividing people. It has been used by fanatics to promote themselves and has been used by corporations to fight union organizing drives. It has been used by nations to help wage war over resources, which is what many wars are really about. The nature of unions is to promote solidarity, to unite for the betterment of the whole. Hopefully this collection of posters will add to the positive message about diversity being something to celebrate, not

Stephen Lewis has over 900 posters in his collection and is a long-time activist in the labor movement. He is the former treasurer of his union and has exhibited at a number of libraries in Massachusetts, at Boston City Hall, and at two of the state Heritage parks. Lewis has presented at the annual conference of the National Council on Public History, and on some cable television programs. He can be reached at lewisposters@ gmail.com The posters/ photos were contributed by friends, collected at conferences, visits to some of the organizations, and from connections made through the Internet.

This project is supported in part by a grant from the Milton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and donations by Painters District Council 35 and Asbestos Workers Lo-

For more information, go to the MPL website: www. miltonlibrary.org or contact Jean Hlady, head of Adult Services/Reference, at jhlady@ocln.org or call (617) 898-4964.

No Ice Cream Maker Chocolate **Coconut Milk Ice Cream**

By SUZIE

Using only a few ingredients this chocolate ice cream is a great alternative for those of you looking for a cold and creamy treat, but would rather use another base other than dairy.

Many are lactose (the milk sugar) or casein (the milk protein) intolerant. Having a can of full fat coconut milk in your cupboard is a must for many recipes that you wish to switch out for dairy. You can even whip into a whipped cream!

This ice cream is just delicious and very creamy. This is a great recipe for the kiddos to make since it requires zero cooking and very little mess. (Well, not sure about the mess if they are anything like my kids.)

> No Ice Cream Maker Chocolate Coconut Milk Ice Cream!

Ingredients:

1 14 oz. can full fat coconut milk 1/4 cup + 2 Tablespoons cocoa powder



1/4 cup real maple syrup 2 teaspoons vanilla extract 1 banana (OPTIONAL) Dash sea salt

Combine all of the ingredients in a blender, and blend until smooth and creamy. Pour in freezer proof container and freeze at least

Scoop and eat - Enjoy!

Social Security Matters

Ask Rusty: If I Apply Now, When Will I Get **My First SS Payment?**

By RUSSELL GLOOR **National Social Security Advisor** At the AMAC Foundation, The Non-Profit Arm Of the Association of Mature American Citizens

Dear Rusty: If I were to apply for my Social Security retirement (I'm 68 on Aug. 1, 2021), when could I realistically expect to receive my first check? Signed: Ready to Claim

Dear Ready: Social Security suggests applying for benefits 2 - 3 months before you wish them to begin, to allow time for processing your application. When you apply, you will specify the month you wish your benefits to start, and that is when your benefits will officially begin. But Social Security pays benefits in the month following the month they are earned. So, if, for example, you applied and specified September as your benefit start month, your benefit for that month wouldn't be received until October. The payment date for you will be on the 2nd Wednesday (because you were born between the 1st and 10th of the month), and your payment won't be by check but rather by direct deposit into your bank account. Here are a few other things you should be aware of:

• Since you were born on the 1st of the month, your benefit is computed using the previous month as your eligibility date. If your year of birth was 1953, your full retirement age (FRA) was 66, which means that you actually reached your FRA in July 2019.

 Since you reached your FRA of 66, you have been earning Delayed Retirement Credits (DRCs) at the rate of .67% per month (8% additional benefit per year). You can earn DRCs up to age 70, at which point your SS benefit would be 32% more than it would have been at your

• If you will be 68 on August 1st, you have already earned 16% additional benefit through DRCs. That means your benefit, if claimed to start in July will be 16% more than it would have been at age 66. You will specify the month you wish your benefit to start when you apply.

 Social Security applies DRCs in January of each year, so if you apply mid-year 2021, your DRCs earned in 2021 won't be applied to your benefit payment until January of 2022.

• You can claim up to 6 months retroactive benefits, which would be paid in a lump sum. If you choose to take retroactive benefits your "benefit-start-month" will be backdated by 6 months, your benefit amount will be reduced accordingly (by 4%), and you'll get that reduced benefit for the rest of your life (except for Cost of Living Adjustments annually awarded).

So, this may be more detail than you expected for your simple question, but claiming SS is a serious decision and it's important you have complete information before you apply.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@ amacfoundation.org.

Registration Open For 3rd Annual South Shore Conference For Women

Registration is open for the 3rd Annual South Shore Conference for Women on Thursday, Oct. 28, from 8:15 a.m. to 5 p.m. at the Marriott Quincy.

Tickets are available for limited in-person seating and for a virtual all-access pass. Since its first conference in 2019, the South Shore Conference for Women has grown to a sell-out crowd of hundreds of women from across the South Shore, South Coast, and the Cape and Islands.

This year's theme, Reconnect, Renew and Repurpose supports the goals engaging, inspiring, motivating and connecting women from the South Shore to other like-minded professionals.

With more than 30 speakers, exhibitors, and breakout sessions, attendees will benefit from a bevy of fresh insights and compelling conversation to empower and uplift them. "Women are facing an array of daunting challenges from this past year," said Cathie Briggette, chairperson of the South Shore Conference for Women. "As an influential and inclusive convener, the South Shore Conference for Women is more essential than ever. Women from all backgrounds get the chance to connect with others as well as learn new and actionable strategies to advance their personal and professional growth."

"This past year has shown that women are stronger, smarter, savvier, and more resilient than they know. This year's program is built around Reconnect. Renew. Repurpose, which reflects our shared goals of coming together to help women approach the future with confidence to reimagine and reinvent their future," said Stacey Shipman, emcee of the 2021 South Shore Conference for Women.

Ticket prices are \$52. Conference sponsors include: South Shore Health, North Easton Savings Bank, Bevlin Networks, Brigham Health, Better Business Bureau and other supportive small businesses.

For more information

about and/or to become a sponsor, go to https://sheslocal.org/south-shore-conference-for-women/sponsors/.

All ticket purchases will include access to:

- · Breakout sessions led by experts in their field
- Networking Opportuni-
- Breakfast
- Lunch
- Swag Bags
- Complimentary wine & hors d'oeuvres
- Facilitated networking
- · Private Facebook networking group with panel conversation follow-up

Attendees may purchase a separate ticket for \$35 for the Conference Comedy Kick-off featuring South Shore Comedian Christine Hurley taking place on Wednesday, Oct. 27, from 5:30 p.m. to 8 p.m. at the Marriott Ouincy.

Purchase tickets https://sheslocal.org/southshore-conference-for-women/. Note that a virtual selection can not be changed due to accurate event spacing requirements. An In-

HEARING

Person ticket, however, may be changed to a virtual ticket. All tickets are nonrefundable.

A full slate of conference speakers, keynote speakers, and breakout sessions will be announced in September. For more information about this year's conference, go to sheslocal.org/South-Shore-Conference-For-Women.

She's Local creates conferences for women with a shared objective to support, connect and inspire one another, close to home. We set the stage for local women to connect. The women you see at the grocery store, the gym, or the neighborhood coffee shop, who compel us, motivate us, and lift us up. They are the women that we meet every day who have unique stories to share and eloquent words of wisdom for others facing similar challenges. Our mission is to provide accessible platforms for all women in local communities. Offering world-class conferences, highlighting local women and resources, close to home.

Memorial Service For Deceased Members Squantum YC

Past Commodore and Chaplain John Swanson will conduct a Memorial Service for deceased members of the Squantum Yacht Club who died this last year on Sunday, Sept. 12 at 4 p.m.

Past Commodore James Hines and Life Members Robert Boussy and Norman Ellis will be honored with a brief Liturgy featuring the "Sailor's Psalm," Psalm 107, the casting of a Memorial Floral Wreath into the bay and the Playing of the Last Post. A coalition will follow.

Commodore Hines was active at SYC from the time he was a boy and was known as a proficient boater, both sail and power.

Jaiden Dwyer **Hofstra Grad**

Jaiden Dwyer of Quincy recently graduated from Hofstra University in Hempstead, N.Y. Dwyer earned a Bachelor of Business Administration in accounting and a Bachelor of Arts in dance.

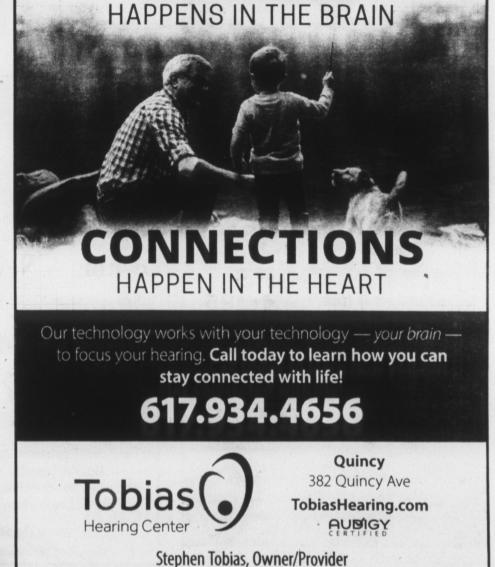
·AUTOMOTIVE ·

Jimmy was always helpful gational Church and had an to subsequent Commodores active ministry along with and will be remembered for his Pastor at Forrest Manor his great sense of humor and Long-Term Care Facility in zest for life. Middleboro.

Robert Boussy was an Mr. Ellis, also a noted excellent Hustler sailor who sailor, was an excellent boat won many awards over the builder and marine mechanyears. Mr. Boussy was a ic. For many years, "Bud" Deacon at Union Congrekept the SYC launch in top

mechanical condition. He was also always available to help other members with their engines and motors.

All three of these men were part of the fabric of the Squantum Yacht Club and are sorely missed. The public is invited to attend the service and coalition.







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"Rock Solid Security"

On Tuesday, July 20, Officer Dalton was dispatched to a residence for a report of a fraud. The reporting party, and 82-year-old resident, had fallen victim to the "Grandparent Scam."

The victim was contacted by someone claiming to be an officer a Connecticut police department. Believing his grandchild was in trouble, the victim sent \$9,500 in cash to the scammers. After receiving the money, the scammers called the victim back with more lies and convinced the victim that he needed to post another \$40,000 because his grandson was being sued.

The victim was informed that a courier would be coming by his house to pick up \$20,000. After retrieving the cash, the scammer stated that he would be back the following day (July 21) to pick up the remaining \$20,000. After the interaction, the victim learned that his grandson was fine and realized that he had been scammed.

Officer Dalton filed a report and referred the case to detectives from the Bureau of Criminal Investigations. The scammers never showed up on July 21st, but contacted the victim numerous times trying to convince him to send more

On Aug. 3, detectives learned that the courier was scheduled to arrive at 3 p.m. to pick up the second payment of \$20,000. Detectives from the Bureau of Criminal Investigations and Special Investigations Unit sent up surveillance in the area. Approx. 4 hours later, detectives observed a Volvo station wagon being operated in the area. Detectives observed that there were three people in the vehicle. The operator parked the vehicle in a convenience store parking lot and began to walk towards the victim's home. Contact

A Job Well Done

By OUINCY POLICE SGT. KARYN BARKAS

Public Information Officer Quincy Police Department

was initiated with the operator, as well as the other two occupants of the vehicle.

A 30-year-old male from Jamaica Plain was arrested and charged with Larceny by False Pretense (over \$250), Attempt to Commit A Crime, Disturbing the Peace, Operating a MV with a Suspended License, and Conspiracy.

A 23-year-old male from Saugus, was arrested and charged with Conspiracy, Attempt to Commit A Crime, and Operating a MV without a License. The male passenger had positioned himself in the driver's seat when the operator went to meet with the victim. Detectives believe that the 23-year-old was going to be the getaway driver after his accomplice took the victim's cash.

The female passenger was identified, but was not arrested at this time. The vehicle was towed. This investigation remains open and ongoing.

These types of scams start with a call from someone pretending to be your grandchild. They might speak softly or make an excuse for why they sound different. They'll say they're in trouble, need bail, or need money for some reason. The "grandkid" will also beg you to keep this a secret maybe they're "under a gag order," or they don't want their parents to know. Sometimes, they might put another scammer on the line who pretends to be a lawyer needing money to represent the grandchild in court.

But, instead of asking you to buy gift cards or wire money (both signs of a scam), the scammer tells you someone will come to your door to pick up cash. Once you hand it over, your money is gone. But you might get more calls to send money by wire transfer or through the mail.

To avoid these scams and protect your personal informa-

• Take a breath and resist the pressure to pay. Get off the phone and call or text the person who (supposedly) called. If you can't reach them, check with a family member to get the real story, even though the scammer said not to.

• Don't give your address, personal information, or cash to anyone who contacts you. And anyone who asks you to pay by gift card or money transfer is a scammer. ALWAYS.

· Check your social media privacy settings and limit what you share publicly. Even if your settings are on private, be careful about what personal identifiers you put out on social media.

If you are a Quincy resident and lost money to this kind of scam, please file a report with the Quincy Police Department by contacting 617-479-1212. If you get any kind of scam call, report it at ReportFraud.ftc.gov.

OUINCY POLICE CRIME PREVENTION JOURNAL was not available at press time

DA Rules March Shooting Death Justified

Norfolk District Attorney Michael W. Morrissey has completed his investigation into the March 26, 2021 shooting death of Eric M. Leach in the City Quincy and found the use of deadly force by a state police officer to have been justified as a matter of law.

Leach, 37, had committed the armed robbery of a convenience store in Rockland shortly after 6 a.m. on March 26, 2021. He eluded responding officers and eventually gained control of a Rockland Police cruiser.

His ensuing efforts to elude capture injured multiple officers and caused substantial property damage to police and civilian vehicles during a long pursuit that came to a stop at approximately 7:20 when the cruiser became disabled in Quincy.

While immobilized for roughly an hour, Leach was able to free the patrol rifle, loaded with 30 rounds, which had been secured within the stolen cruiser. Officers communicated and negotiated with Leach attempting to persuade him to surrender. Leach stated to officers that he intended to die rather than be taken into custody and that he would kill the officers present. At 8:16 a.m., Leach was able to re-start the cruiser. He again fled, this time traveling only a short distance before coming to a final stop near the B.J's gas station on Quincy Street. At this location, police contained the stolen cruiser between two Bearcat vehicles and resumed nego-

Officers observed Leach in control of the rifle, putting it in his mouth and to his head. After roughly an hour, Leach began to struggle with the passenger-side door in an attempt to exit the vehicle with the rifle. The door began to open, Leach raised the rifle to eye level, consistent with use against others, and one officer fired one round.

The report with exhibits are available for download at this link: https://madistrictattorney.sharefile.com/share/ 2021-22 academic year. view/849bff4260674e1b

To Support Medical Lab Tech, **Pharmacy Tech Programs** Quincy College announces it has received a

\$333,381 grant from the Massachusetts Skills Capital Program, funding that will be used for capital investment in two programs that will prepare students for entry into high-demand, high-growth occupations.

The programs - Medical Laboratory Technician and Pharmacy Technician are among clinical and health-care support positions identified as being in high regional demand, according to the Southeastern Massachusetts Labor Market Blueprint. The Medical Laboratory Technician program, offered at the Quincy campus, is one of the College's strongest-performing programs and has featured a 100 percent job-placement rate among graduates over the past three years. The Pharmacy Technician program, offered at the College's Quincy and Plymouth campuses, is new for the program. The College will

"Careers in healthcare are among those with the greatest earning potential, and we're delighted to be expanding pathways for our students to enter fields where there is growing demand," said Richard De-Cristofaro, Ed.D., president of Quincy College. "Thanks to this grant, the new Pharmacy Tech certificate program and our existing Medical Lab Tech associate's degree program will further solidify Quincy College's reputation as a place where students are well-prepared for immediate opportunities in these vital allied health

Quincy College Awarded Grant

The grant funding will be used to construct new pharmacy technician classroom space in Quincy and Plymouth, as well as purchase related equipment and technology, and to purchase additional equipment and technology for the Medical Laboratory Technician work to encourage enroll-

ment from among populations who have been disproportionately affected by underemployment/unemployment during the past year, as well as those classified as low-income.

Clinical internships for both programs will be offered through partnerships with organizations including Beth Israel Deaconess-Milton, Mass. General Hospital, Manet Community Health, South Shore Health, Tufts Medical Center, and Walgreens.

Enrollment is now underway for both programs; visit www.quincycollege.edu for more information.

Quincy College is a twoyear, municipally affiliated community college serving approximately 4,000 students at campuses located in Quincy and Plymouth. Quincy College is an open access institution that encourages academic achievement and excellence, diversity, economic opportunity, community involvement and lifelong learning.



(Between the Shipyard and

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Owning A New Vehicle Costs Nearly \$10,000 Annually

Cont'd From Page 8

owned and used. The advantage of a certified pre-owned vehicle is the original owner

has absorbed the majority of a manufacturer's warranty. the depreciation cost, while the vehicle still has quite a few of the latest features and

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drive the exact model of the car they want to purchase. If possible, they should pick a route that mirrors their daily driving routine. It is a good idea to test the car's ride quality and handling on a number of different road surfaces: city streets, hills, freeways and winding

• The most important thing to remember is in most cases, there are three separate negotiations that occur

when purchasing a car: the price of the new vehicle, trade-in value and finance rate if applicable. Consumer should take their time and negotiate them individually.

Consumers can calculate their annual driving cost through AAA's digital brochure on Newsroom.AAA. com. AAA offers a number of resources consumers can use while car shopping including the AAA Car Guide and AAA's car buying pro-

Quincy Public Schools Keeping Mask Mandate

Cont'd From Page 1

During the Aug. 18 committee meeting, Supt. Kevin Mulvey said that while the state is giving districts the choice whether or not to mandate masks, additional guidance released by the state on Aug. 13 related to testing and quarantining of close contacts would be difficult to follow without a mask requirement in place.

"We received this latest guidance on Friday which essentially makes it very difficult for a district like Quincy or any other district to do anything else, in my opinion, other than mask and require masking," Mulvey said.

"Logistically, it will be an absolute nightmare for us if we are quarantining potentially whole classrooms and students potentially on a consistent level...we could have a student or students quarantined several times within the year and it could last, depending on whether they want to get tested or not, anywhere between seven and ten days."

In addition, only 500 of

the 4,400 Quincy students currently eligible for the COVID-19 vaccine - which the federal government has authorized for anyone ages 12 and up – have gotten the vaccine, Mulvey said. Rita Bailey, the district's health services coordinator, said that number is based on a state database the district has access to, and could be higher if pediatricians administered shots and did not enter them into the database.

The superintendent also noted about half of all students remained remote during the previous school year, while all students will be back in the classroom in the new school year.

"We are going to have all of our students back in the schools," he said. "That full 4,400 students will be back in the schools, and only 500 are vaccinated."

Bailey said she agreed that masks should be required at the start of the new school year because it will help keep students in the classroom.

"Because of the guidance we received from the Department of Public Health and DESE, the only way to keep students in school and prevent an interruption in learning, I think, is masks should be worn – at least at the start of the school year," she stated.

"Now that distancing has been removed, I think we should see how that goes first, before we remove any other strategies. I think we mask now, and we evalu-

Quincy Health Commissioner Marli Caslli said he also agreed with keeping the mask mandate in place. Caslli said he had contacted more than 30 other local health departments. Of those departments he heard back from, 17 supported a mask mandate and nine others were leaning toward

"Every town and city is leaning toward a mask mandate and I feel very comfortable supporting Superintendent Mulvey with a mask mandate," he said.

Caslli also noted COV-ID-19 cases in the city have increased since the start of the summer. There were fewer than 20 cases during the month of June, he said, compared to more than 190 cases during the first 18 days in August. Cases among children have also increased, from two in June to 27 this month.

"We are seeing an increase in cases in the city, not only for adults but even for kids," he said.

Mayor Thomas Koch, the chairperson of the School Committee, said he had been leaning towards making masks optional but would support keeping the requirement to wear masks in place in light of the state testing and quarantine guidelines and the number of cases the city has seen in recent weeks.

"The most important thing to me is to get the kids back in the buildings, back in in-person learning. Based on those guidance...from DESE, it would be a logistical nightmare for our school system to deal with that," Koch said. "We put enough burden on our administrators, principals, teachers and staff without that additional burden."

The mayor added that he has no plans to impose a citywide mask mandate.

Committee member Paul Bregoli questioned the mask mandate. He said the World Health Organization does not recommend that children under the age of 5 wear masks and recommends minimizing the amount of time children between ages 6 and 11 wear masks.

Bregoli said the US Centers for Disease Control and Prevention - which earlier this month recommended all students ages 2 and up wear masks in school - "is no longer a legitimate source of information because it has become politicized."

The committee had solicited written comments from the community prior to last week's meeting. Committee member Emily Lebo said 103 people signed letters in support of a mask mandate while 17 people signed letters in opposition to a mask mandate.

Letters submitted to the committee are typically read at the start of each meeting, but Koch asked the reading of those letters be waived at the Aug. 18 meeting because it could take three to four hours to go through them all. The committee approved waiving the reading of the letters in a 5-2 vote, with Doug Gutro and Courtney Perdios voting in favor of having each letter read aloud.

Erin Perkins, the district's assistant superintendent, provided the committee with a presentation on the state testing and quarantine guidelines for close contacts at the outset of the meeting.

The state defines a close contact as individuals who have been within six feet of a COVID-19 positive per-

son while indoors for at least 15 minutes during a 24-hour period; the at-risk exposure time begins 48 hours prior to symptom onset (or time of positive test if asymptomatic) and continues until the time the COVID-19 positive individual is isolated.

Four categories of close contacts are exempt from testing and quarantine protocols, Perkins said. They include asymptomatic, fully vaccinated close contacts; close contacts who have had COVID-19 in the past 90 days; and close contracts on buses, because masks are required on buses and they will operate with all windows open.

The fourth category of close contacts exempt from the testing and quarantine requirements are individuals who are exposed to a COVID-19 positive person in the classroom while both individuals were wearing a mask and were able to stay at least three feet apart.

The state has three different protocols students can follow if they are a close contact and they are not in one of the four exempt groups.

The state is allowing close contacts to "test and stay" meaning they can remain in school and do not have to quarantine as long as they are asymptomatic, masked, and take a rapid antigen test each school day for at least five days and receive a negative result each

Close contacts who do not participate in the test and stay program can return to school eight days after their exposure provided they are asymptomatic and receive a negative test result on day of five or later.

Close contacts who do not take any tests must quarantine for ten days following their exposure.

Koch: No Citywide Mask Mandate Imminent

Cont'd From Page 1

year, in place for the start of the new school year because of the state guidelines for testing and quarantining of close contacts of individuals who have tested positive for COVID-19.

"Under the conditions and restrictions that we have to follow, that is what makes the most sense right now," said Koch, the chairperson of the School Committee, during its Aug. 18 meeting.

The city, he added, has made upgrades to improve the air circulation inside school buildings and has a surplus of personal protective equipment, including masks, available for students and staff if necessary.

"We have spent millions of dollars on our buildings. The air exchange in our buildings is probably better than most homes. I think that is important to remind people," Koch said.

"We are prepared with PPE. As the superintendent knows, we definitely overstocked last year hoping we wouldn't need them again. I would suggest the principals and teachers keep an eye out - if those kids aren't changing the masks, we've got plenty of masks to hand them."

During the recent interview, Koch said he did not plan to make the COVID-19 vaccine mandatory for city

workers, including teachers.

"I don't know that I could legally do it, but I don't see myself," making vaccines mandatory, Koch said.

"I am more of a libertarian on that. I'm not a big fan of mandates - I'm just not. That would have to come from a higher authority, not from me."

Most city employees are already vaccinated, Koch

"I would say a vast majority - an overwhelming majority - based on my understanding," have gotten the vaccine, the mayor said.

"There are people that have health issues that can't get a vaccine. There are people that, religiously, it may be an issue for them. I am going to respect that. It is still a free society and we keep chipping away at freedoms and again, on these issues, I am more of a libertarian and people have to make those decisions for themselves."

Koch, who had CO-VID-19 in January, said he has gotten vaccinated.

"I had the COVID. I didn't need to be vaccinated right away, because I had the antibodies, but I did get the vaccination," he stated.

With the delta variant spreading, Koch said Massachusetts is in a better position than most of the country given its high vac-

"We see on the news every night, stories about Florida and Texas where it appears to have gotten a lot worse. I would also suggest far less of their population is vaccinated - I think that is the cause of much of that,"

the mayor said.

"We are seeing in some cases people who have had the vaccine have gotten it, but all the studies have shown they don't end up getting hospitalized, they are not on ventilators, so the vaccine does help it appears.

"Massachusetts is different. We are one of the top states as far as vaccination rates and we are one of the lowest hospital states right now with COVID. So, it is popping up a little bit. It's not crazy right now, so I am not overly concerned.

"We saw it happen in the UK - it spiked and then it dropped off pretty quickly once it hit the spike. I think some experts are saying it may really peak late October and then start to drop

Koch On New MBTA Board

Cont'd From Page 4

of transport or on bus lines in particular. When asked about that proposal during the recent interview, Koch questioned how the MBTA would cover those costs.

"People talk about residential exemptions, talk about free T, free this, free that. At the end, somebody pays, so unless we identify how you make up for that lost revenue, we've got to be practical here. We're al-

ready losing revenue every year operating it," Koch

"Some argue that is OK, because we are keeping cars off the street, we're saving pollution - all the right reasons - but we also have to be practical here.

"I have heard that proposed by a candidate or two for mayor of Boston, but I have yet to hear how you make up for that revenue. Someone has to pay."

The MBTA Board of Directors will consist of seven members in total, including the state's secretary of transportation.

The remaining five members will be appointed by the governor. One of the members will be chosen from a list of three candidates put forward by labor unions representing T workers and one member must be an MBTA user from an environmental justice community.



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Diane E. Wallace

Lisa Zhang Roy S. Caley Tullis Family Limited Partnership Marilyn Jaffarian Dianne F. & Stephen McDonough John W. Scaife & Ann M. Donovan Nobuko Kilgour Mai N. Le

Frank Bilotta James F. Hawker Bei Zhou

Gayathri Ramani & Sathish K. Sugumaran

Neponset Point LLC

Mary A. O'Connell Dukeman 72 Realty Trust & Catherine N. Kennedy

Grams House LLC

Francis X. McGonagle

BUYER

TDRM LLC Yongshan Zhang & Fengxia Xu Lianyi Xia & Ailing Li Ann Doherty & Michael Gagen Flyhomes Investments MA LLC Ye Group LLC Susan M. Hurley Farago Trust Gillian & Ruifu Zhu Kevin H. Nguyen & Quyen T. Tran Hao K. Ly TDRM LLC

Susanna Liu Li Xiu Chen 47 Columbia Street LLC 497 Beal Street LLC Patrick Bradley Donna & Yi Q Chen Minghao Liu & Jiaying Du Happy Diamond LLC William A. & Amy B. Delaney Enea Milo Casey A. Shanley Xingshou Zhao & Bijin Zheng William McGahan & Lizabeth Belfield Clancy Family Limited Partnership Zhihao Mai & Chungiong Chen

Heather Ciras & Brendan McCarthy **Uyenly Nguyen** Minnie Investment Trust Min Zhang & Fung P. Chu Kelly F. Lin

Xintong Zheng & Yuhui Ren Pei J. & Yee Y. Chen Anthony Chunhang To

AMOUNT \$1,300,000.00 \$902,000.00 \$850,000.00 \$360,000.00 \$410,000.00 \$250,000.00 \$429,000.00 \$385,000.00 \$720,000.00 \$425,000.00 \$649,900.00 \$644,000.00 \$677,000.00

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\$990,000.00 \$875,400.00 \$678,000.00 \$249,000.00 \$377,000.00

146 Willow Street 42-44 Estabrook Road 190 Norfolk Street 211 West Street, Unit 4A

419 Newport Avenue, Unit 14 141 Willard Street, Unit 5 165 Quincy Shore Drive, Unit C-52

15 Bower Road, Unit F-07 24-26 Greystone Street 96 Bird Street

108 Presidents Lane 37 Wren Terrace, Unit 8

99 Fayette Street 47 Columbia Street 497 Beale Street

10 Seaport Drive, Unit 2609 100-102 Ruggles Street 57 Quincy Shore Drive, Unit 614

1145 Hancock Street, Unit 1145C 1272 Sea Street, Unit 1

200 Cove Way, Unit 812 33 Elmwood Park, Unit 2 224 Atlantic Street

177 Summit Avenue 10 Weston Avenue, Unit 207

44 Silver Street 110 Putnam Street 17 Post Island Road 10 Weston Avenue, Unit 228

59 Warren Avenue 123-125 Safford Street 155 Clay Street, Unit 3

133 Commander Shea Boulevard, Unit 807

1 Cityview Lane, Unit 610 327 Billings Road

Wei & Fang Chen \$703,000.00 'Donnell Promotes Suits For Success Program

After taking a hiatus from collecting clothing donations during the COVID-19 pandemic Norfolk County Register of Deeds William P. O'Donnell announces

the return of the Registry's Suits for Success program in partnership with Interfaith Social Services of Quincy, Father Bill's & MainSpring of Quincy and Brockton, the

Boston Veterans Administration's Healthcare System Voluntary Service Program and InnerCity Weightlifting.

"By just looking in your closet or bureau you can make a world of difference in someone's life,"

O'Donnell said. "Your donations of business appropriate clothing through the Suits for Success program provides opportunities to men and women looking for employment."

"People who are attempt-

ing to re-enter the work- suits, blouses, skirts and force need to make a good initial impression, whether it's attending an interview or their first day on the job," O'Donnell continued. "I hope local residents and businesses will consider making a clothing donation to this worthy endeavor. The program is truly needed, and it's a great resource in helping people enhance their op-

portunities in life." Participating agencies have requested that all donations of business appropriate attire for men and women must be clean, no stains, in style, on hangers or neatly folded. The donation may also be placed in either re-useable tote bags, or green plastic bags. Suggested donations include suits, dress shirts, pants and ties for men and dresses,

pants for women. Since the Registry started the Suits for Success program in February of 2009 it has collected more than 9,000 articles of clothing.

To contribute, individuals need to bring their donated clothes to the Norfolk County Registry of Deeds, 649 High St. in Dedham between the hours of 9:30 a.m. and 3:30 p.m., Monday through Friday. If you reside in the Quincy area, you can drop off clothing directly to the Interfaith Social Services office located at 105 Adams St., Quincy between 8:30 a.m. and 3:30 p.m. Monday through Friday, and until 7 p.m. on Tuesdays.

"During the past decade, we know that Suits for Success works. The program

Cont'd On Page 19



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Gopuff Shop Proposed For Quincy Center

By SCOTT JACKSON

A new convenience store offering both walk-in and delivery services has been proposed for Quincy Center.

Gopuff went before the Board of License Commissioners on Aug. 17 seeking permission to transfer the all-alcohol retail license currently held by Regal Beagle at 385 Hancock St. to its new shop which would be located at 65 School St. The board did not vote on the matter that evening and will take up the request again on Sept. 21.

Joe Devlin, the attorney representing the applicant at the hearing, described Gopuff as a "21st century convenience store" that offers everyday items like candy, chips, soda, pet food, paper products and toiletries – along with alcohol in certain locations.

"This company is trying to take the wonders of software analytics from the 21st century and apply it to the convenience store experience, the small retail store experience," he said.

"I think we are all familiar with some other bigger either retailers with a delivery component or smaller delivery companies that deliver for retailers, but this has both of those in the same control and it focuses on items that you get at a convenience store."

There are some 400 Gopuff locations across the United States, Devlin said, six of which are in Massachusetts. Alcohol is offered at 300 of those locations, including two in Massachusetts.

Devlin described a typical Gopuff location as a 7,000-square-foot microfulfillment center. Customers, he explained, can order from their nearby location online or through the company's app and have their chosen items delivered to them. Delivery is offered within a 30-minute drive from the shop, he said, meaning the proposed location in Quincy Center would service customers within a four- to five-mile radius.

Certain jurisdictions, including Massachusetts, require a physical walkin space where customers can purchase items in order to sell alcohol, Devlin said. In those jurisdictions, the Gopuff store has a 100-square-foot walk-in area for customers to place their orders.

"You can't go walk the aisles," he said. "You can actually see them in this space, but you just go up to an ordering kiosk and there is a tablet there and you search it like you would on your phone or through the online portal and order that way.

"There is some advantages to that for them too, but frankly they are trying to make it a minimalist experience so people don't actually use it. They can beef it up if the community wants them to, but their preferred model, again is to have a delivery model."

The Rev. Clifford Brown, the rector at Christ Church on Quincy Avenue, spoke in opposition to the proposal during the Aug. 17 hearing. He questioned the impact the new shop would have on traffic on School Street.

"Did you a traffic study in that area to see the impact of such a large number of cars coming onto a very congested street with a lot of elderly people who are trying to walk on School Street and even cross to get over to St. John the Baptist Church?" Brown said.

"I know at commuting hours School Street can back up well into both ends – into Elm Street and Hancock Street and further up onto Franklin Street."

Brown said he was also concerned about customers leaving trash, like coffee and soda cups, on the ground in the area. In addition, he questioned if another retail liquor license is needed in the area, pointing to one that opened in recent years on Hancock Street in Quincy Center.

"I'm not sure that the neighborhood as a whole needs another all-alcohol store in the area," Brown said

Ashley Maass, a government affairs specialist with Gopuff, said the company did not do a traffic study. Maass said the Gopuff location in Newton gets between 140 and 150 orders daily and drivers are able to fulfill multiple orders at once. Not all of those trips are during the evening rush hour, she added.

"Peak hours are 4 p.m. to 10 p.m.," Maass said. "I understand your concern about that potential overlap with rush hour traffic, but some of that traffic is happening after that rush hour time as we see peak hours more and more in the evening than we would typically in the afternoon."

As to Brown's concern about trash, Devlin said the company would not be selling individual cups of coffee, lottery tickets or nips of alcohol

In addition, Devlin said there are several areas in Quincy where multiple stores have retail licenses to sell alcohol that are closer to each other than Gopuff would be to stores in its vicinity. Franklin Street has multiple stores with beer and wine or all-alcohol licenses within several hun-

dred feet of each other, he said, and Regal Beagle – from whom Gopuff is seeking to transfer a license – is near the 99 Ranch Market on Hancock Street, which has a beer and wine license.

Gopuff plans to move into the location on School Street regardless of whether or not it can secure the liquor license, Devlin added.

"They are going here. It will either be a fulfillment center without alcohol, or it will be a fulfillment center with alcohol," he said. "It will ensure their success to have another product that customers want to have responsibly."

Inspectional Services
Director Jay Duca, the
vice chair of the licensing
board, said he believed the
proposed Gopuff location
would qualify as a distribution center, not a retail store,
and distribution centers are
not allowed in the Quincy
Center overlay zoning district.

"I'm not convinced that is a retail store and I am more convinced it is a distribution center and I wouldn't support it at this point," Duca said.

"I think it is a great idea, but it is in the downtown overlay district and distribution centers are not allowed, so I wouldn't be able to support it...unless you convince me it is a retail operation."

Devlin said Gopuff has applied for a special permit, but he is not the attorney handling that request. He also questioned whether Quincy's zoning code delineates the minimum area a shop like Gopuff would need to qualify as a retail operation.

"The argument would be made this is not distributing anything. It is retail products. They have a retail component," Devlin said. "It is my understanding Quincy doesn't have a use regulation that says what the minimal size [is]."

Devlin ultimately requested a continuance to the license board's next meeting so that the applicant could work with city officials on the zoning issue. The board agreed to continue the matter to the next meeting, which is slated for Sept. 21.

In other business on Aug. 17, the Board of License Commissioners:

• Granted the City of Quincy a special-use permit and a one-day beer and wine license for the annual Pops Concert on the Hancock Adams Common on Sept. 18 and the annual food truck and music festival on Oct. 2 on Coddington Street.

• Granted the Quincy Chamber of Commerce special-use permits for a ribbon-cutting ceremony

Thursday for Nova Quincy and Chamber After Hours events on Sept. 2 and 9. All events will take place at Kilroy Square in Quincy Center.

• Granted the Morrisette Post, 81 Liberty St., extension of premises for their all-alcohol license for community cookouts on Sept. 12 and Oct. 9.

• Granted the Quincy Farmers Market a special-use permit and one-day beer and wine license for a catered lobster clambake dinner on the USS Salem on Sept. 21 to celebrate the market's 40th anniversary. The permits are contigent on final approval of a parking plan and a Fire Department detail.

• Granted a common victualer license to Bright Light Authentic Jamaican and Filipino Cuisine for the premises at 143 Water St., formerly home to JNJ Turo Turo. The restaurant's hours will be 10 a.m. to 10 p.m.

• Granted a common victualer license to Raja Rani Restaurant for the premises at 13 Scammell St., formerly home to Webster's Eatery. The new restaurant will be open from 11 a.m. to 10 p.m.

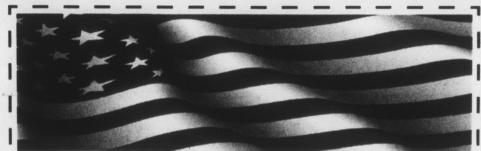
• Granted a common victualer license to Saigon One for the premises at 25 Copeland St., formerly home to Aris Café. The restaurant will be open from 9:30 a.m. to 9 p.m.

• Granted a common vict-

ualler license to Coco Fresh Tea and Juice for the premises at 475 Hancock St., part of the 99 Ranch Market. The new shop will be open from 10 a.m. to 10 p.m.

• Granted a garage/repair license to The Heroes Garage for the space at 257 Centre St., formerly Centre Street Garage. The new shop will be open from 8 a.m. to 5 p.m. on weekdays and by appointment only on weekends.

• Granted a motor II license to SC Exotics for the premises at 36R West Howard St., currently Apex Motor's. SC Exotics will be open from 9:30 a.m. to 6 p.m. Monday through Saturday



FLAGS FOR VETS ISLAND SQUADRON 294

Bricks for Veterans Program





PHASE 2 Still Available

The Sons of the American Legion, Squadron 294, Morrisette American Legion Post in Quincy is still selling engraved honor and memorial bricks for its "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

Phase 1 along the walkway to the island's main flag pole is sold out but bricks for **PHASE 2** are still available.

PHASE 2 engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for \$50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick.

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Quincy's Population Could Be 110,000, Mayor Says

Cont'd From Page 1

110,000, based on conversations he has had with City Clerk Nicole Crispo and her predecessor, Joseph Shea.

"I have had a lot of discussions with Nicky and Joe Shea over the last year. Based on my observations and my thoughts - and Joe and I were on the same page, and Nicky, I think - we thought it would be somewhere between 105,000 and 110,000," Koch said.

"In the spring, the Donahue Institute at UMass came out with this report and they had the city of Quincy at 106,000, so I said, 'Oh, that sounds about right.' When this came in at 101,000, I said, 'hmm,' that is going a little backwards from where I thought."

Koch said he wants to ensure the census count is accurate, but there is no particular number he is looking to reach.

"Look, I'm not looking for any goal of what the number should be, I just want an accurate count so that we get the appropriate attention from Washington - and I'm not saying we don't," he said. "The threshold is, once you hit over 100,000, it matters more. You are under scrutiny as a city by more of the agencies, but you are also eligible for other grant areas from agen-

"But, the population numbers matter, and I think all the older cities face the same challenges, their different immigrant groups... trying to get them to respond to be counted is chal-

The mayor said he

First Baptist Church

everyone. For those who

have not fully vaccinated,

continue to wear mask and

of Wollaston, 81 Prospect Vietnamese Worship Ser-

Ave., Quincy, is open for vice @ Fellowship Hall:

Pastor Duc

planned to meet with Crispo to take a deep dive into the census figures to determine whether or not the city would look to challenge the final count.

"Nicky just told me the packet just came in. We've been flying just on what we were told. We hadn't gotten anything yet from the state or the feds," Koch said.

"Now it just came in from the state and we're going to be looking at that now. We are going to be looking at obviously the apportionment of the precincts and wards. Some of the old established neighborhoods don't change, particularly the Residence A neighborhoods. It's where the new buildings are."

Quincy's new buildings are not going vacant, Koch said, but counting those new residents can be difficult.

"It's not like there are vacant buildings around. When these get built, they get filled," he said.

"That is the other challenging part, because they've got to physically get somebody from that unit to fill out that form to be counted, even though they know somebody is living in that unit and there is a landlord that has a lease with somebody in that unit. It's frustrating."

population Quincy's increase of 10.15 percent between 2010 and 2020 surpassed the state's 7.4 percent population growth over the same time period.

Quincy also grew faster than nearby communities including Boston, which saw a 9.4 percent population increase over the same

First Baptist Church Of Wollaston

• Sunday 10:30 a.m.

English Worship Service -

• Sunday 9:30 a.m. tion - Pastor Paul Lee

ten years; Braintree, which grew by 9.5 percent; Milton, which grew by 6 percent; Randolph, which grew by 8.9 percent; and Weymouth, which grew by 6.9 percent.

Koch said he was not surprised to see the city's population grow by more than 10 percent. He called Quincy an attractive community to live in because of its location and the services it provides to residents.

"I'm not surprised. I don't say this in a bragging way, but I say this all the time and I believe it, we are a community that is very convenient. We have four Red Line stations. We have beautiful coastline. We have a low crime rate. We have an exceptional school system. We have incredible parks, library services, senior services, veterans' services - it is a great place to live. I have often said it," Koch said.

"I know at tax time every year a certain part of the population squawks about taxes. I understand it, nobody likes to pay taxes, but we are right smack in the middle of 351 cities and towns on what we pay, and, in my opinion, we are right at the top of the list for ser-

"You compare us to anybody for services. You go across the board whether it is snow removal, rubbish pick up [with] no fees, response time [for] police and fire, the services in the schools - pick any of them and there is nobody who does it like this city does it in my opinion.

"It is a great place to

• Friday 11 a.m. Prayer

anniversary of the church.

For inquiries call 617-

Group Meeting

Wollaston Garden Club Celebrates 430th Birthday **Anniversary Of Anne Hutchinson**

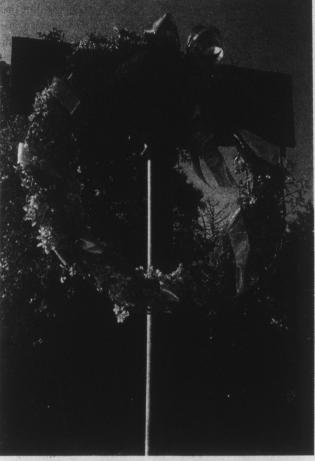
By PAT ARTIS Wollaston Garden Club

For many of the past thirteen years, in celebration of Anne Hutchinson's summer birthday, a floral arranger from the Wollaston Garden Club has created a hanging wreath design for the memorial sign at Anne Hutchinson Square at the corner of Newport Avenue, Beale Street, and Grandview Avenue in Wollaston.

This year's design is a simple colonial style wreath, created by club past president, Jo Costello, and one of the club's hospitality chairpersons, Kathy Meade. Costello who has designed for the Museum of Fine Arts' Art in Bloom, explained their wreath design in this way: "Our intent was to bring the elements of nature together into a pleasing decoration to commemorate the birthday of Anne Hutchinson."

Costello and Meade chose an extra large natural grapevine wreath with dried hydrangea flowers, sprigs of lavender, and a bright gold bow. The sunny, windy, and dry conditions of Anne Hutchinson Square, along with the summer heat, make this a very challenging project for any designer.

Members of the Wollaston Garden Club have long been interested in the story



WOLLASTON GARDEN CLUB members: Jo Costello and Kathy Meade designed and installed this wreath during July with antiqued pink and green dried hydrangea blossoms.

Photo Courtesy Jo Costello

of Anne Hutchinson and her family's 1600s farm in the Wollaston Hill area of Quincy. This summer would have been the 430th birthday of Hutchinson. In 2006 the garden club created, and still maintains this garden dedicated to Hutchinson on the hillside, with the Roxbury puddingstone marker that commemorates "the

place where she tarried..." in her exile from Massachusetts Bay Colony in 1638.

Many of our Wollaston Garden Club members are inspired by this strong, determined colonial woman, who as a gardener and a midwife had a home and a farm, right here in Wollas-

Bethany Congregational Church

for Sunday, Aug. 29, will begin at 9:30 a.m.

There will be a guest speaker. Music will be provided by Paul Frazer as soloist. There will be no Sunday School classes.

There will be a coffee hour after church with Covid precautions followed.

Bethany Congregational Church is located at Sept 26 marks the 150th 18 Spear St., Quincy. The church website is bethanycongchurch.org. Telephone number is 617-479-7300.

You can attend our services in person or view them on line. Please check our website for instructions on how to watch.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/ or fill out an application, go to the website at Broadho-

Ryan Fiasconaro On Dean's List At **Clark University**

Ryan C. Fiasconaro of Quincy has been named to second honors on the Clark University Dean's List for the spring semester.

Bethany Church Service rizonsbethany.com or call 617-471-0022.

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safe distance. On-line wor-**Guest Preacher** 472-0824 and ask for Leship will continue. • Thursday 6:30 p.m. Biwann Mina, the church ad-The online dial-in/Zoom ble Class – Book of Revelaministrator. weekly meeting schedule: ■ ■ ■ SUBSCRIPTION FORM ■ FILL OUT THIS SUBSCRIPTION BLANK AND MAIL TO Historic Quincy's Hometown Weekly Newspaper Since 1968 1372 HANCOCK STREET, QUINCY, MA 02169 NAME STREET CITY STATE ZIP CHECK ONE BOX IN EACH COLUMN \$40.00 [] 1 YEAR IN QUINCY 1 YEAR OUTSIDE QUINCY \$42.00 [] CHECK ENCLOSED \$50.00 11 YEAR OUT OF STATE

Put Kitchen Scraps, Landscape Trimmings To Work In The Garden

By MELINDA MYERS

Convert landscape and garden trimmings into valuable compost. Incorporate this soil amendment into garden soil to improve drainage in clay soil and increase water-holding ability in fast draining sandy soils. It also promotes healthy plant growth more resistant to insect and disease problems and keeps plant-based kitchen scraps and garden waste out of landfills.

Composting is as simple as placing disease- and insect-free plant debris into a pile and letting it rot. Don't add meat, dairy, or fat that attracts rodents or weeds that have gone to seed, invasive plants or perennial weeds that can survive the compost process and end up back in the garden.

You can enclose the pile in a bin to keep the process neat, tidy, and out of sight. Some gardeners prefer tumbler composters for added ease when it comes to loading, unloading, and turning raw materials in one bin while actively composting in the other.

municipality first. Some have restrictions on the type

of bins that are acceptable while others may offer them at a discount.

Start your pile in an accessible space hidden by nearby plantings, fences, or decorative bins. Turn the pile frequently, moving the more decomposed materials in the center to the outside and less decomposed to the

Speed things up by mixing nitrogen and carbon rich plant debris, topping with soil or compost, and adding a bit of fertilizer. Including equal parts of nitrogen rich (green) materials like herbicide-free grass clippings, fruit wastes, vegetable clippings and manure with carbon rich (brown) cornstalks, evergreen needles, straw and fall leaves will speed the process. But don't let this recipe prevent you from composting. All plant waste will eventually decompose as weather, insects and micro-organisms digest the materials over time.

Start with an 8- to 10the pile. Dual bin tumblers inch layer of garden trimallow you to stockpile the mings. Cover with an inch of soil or compost and sprinkle with fertilizer to help speed things along. Repeat Always check with your until the pile is at least three feet tall and wide. Moisten

Cont'd On Page 31

Morrisette Color Guard Posts Colors At WooSox Game



COMBINED COLOR GUARD of the Cyril P. Morrisette Post No. 294, The American Legion, West Quincy, MA presented the colors at the Worcester Red Sox game Aug. 15, in the new Polar Park, Worcester. Pictured at "Present Arms" during the national anthem are (from left to right) Post Commander George Bouchard, Right Rifle Guy Ferris, U.S. Flag Bearer George Nicholson, Post Flag Bearer Heikki Pakkala, Auxiliary Flag Bearer Robin Nicholson, Sons Flag Bearer Joe Brill and Left Rifle Steve Dunlea. The new AAA affiliate of The Boston Red Sox is in its inaugural season having succeeded the Pawtucket, R.I. team and this was their first annual "Military Appreciation Day." A total contingent of 35 members and guests from the Morrisette Post made the bus trip to the game. Photo Courtesy Morrisette American Legion Post

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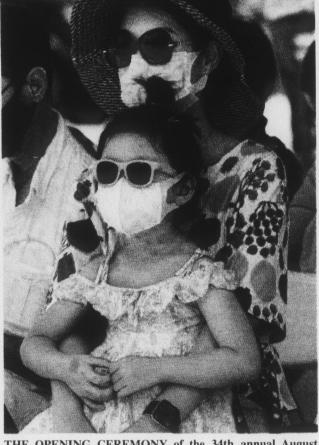
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A CHILDREN'S DANCE is performed by members of the Wah Lum Kung Fu & Tai Chi Academy of Quincy.

Quincy Sun photos/Tom Gorman



THE OPENING CEREMONY of the 34th annual August Moon Festival captivates the audience.



YOUNGSTERS get a close up look at The Lion Dance.



PEOPLE OF ALL ages crowd Coddington Street as they check out the various vendors offering Asian food and beverages.



AUDIENCE MEMBERS enjoy the Dragon Dance during the opening of the 34th annual August Moon Festival.



MEMBERS OF THE Wah Lum Kung Fu & Tai Chi Academy of Quincy perform for the audi-



THAI CHICKEN is prepared during the 34th annual August Moon Festival.



BOY SCOUT TROOP 42 color guard leads boy and girl scouts into the opening ceremony of the 34th annual August Moon Festival. Another photo on Page 18.

Movie Review: 'Free Guy'

By BOB GARVER

"Free Guy" stars Ryan Reynolds as Guy, a mildmannered bank teller whose life is cheerfully mundane. Every day he wears the same blue shirt, drinks the same generic coffee, makes the same jokes, and patiently endures bank robberies and crime sprees from people wearing special sunglasses.

One day he meets a sunglasses woman named Molotov (Jodie Comer) who convinces him to try a pair of sunglasses on for himself. It turns out that Guy's whole world is a thrilling video game called "Free City," and the sunglasses people are players, most of whom are committing crimes to rack up points. Guy and all his friends, like security guard Buddy (Lil Rel Howery), are Non-Playable Characters, created to have no more than a few traits. But if there's so little to Guy, then why is he developing feelings for Molotov?

Millie, the human player behind Molotov, is on a mission to recover some code she wrote that was stolen by the game's greedy owner Antwan (Taika Waititi), which she can use to win a lawsuit. She wrote the code along with her friend Keys (Joe Keery), who programmed the characters to respond to Millie. Guy was the first NPC to notice her, acters is becoming sentient. Millie and Keys haven't just created characters or a game, they've created artificial intelligence. The tech is worth a fortune, but it also and while I don't want to means Millie and Keys have a responsibility to keep the characters alive. Antwan doesn't want robots thinking for themselves – in the game or in the workplace so he orders Guy terminated. Fortunately Guy is now capable of self-preservation, non-Trebek cameo where so the game is on.

The movie prides itself on originality in a summer full of sequels and reboots, but just because it isn't part of a franchise doesn't mean it's doing anything new. Obvious influences from "Wreck-it Ralph" and "The Truman Show," among others, make the movie a bit of a slog story-wise. Plus the movie gets stuck in a loop in the third act where Antwan repeatedly orders Guy destroyed and his team throws a new obstacle at him that he can overcome.

The movie may be a disappointment in the story department, but there are plenty of fun bells and whistles along the way. "Free City" is a bright and colorful place, with creative action around every corner. You might see a cop in a bunny suit, you might see a person fall from the top of a

which is why he of all charbuilding and be saved by an inflatable bodysuit. I'm sure there were even more goodies in the margins and backgrounds that I missed.

Cameos litter the film, give away too many surprises, the trailers have given away a posthumous appearance by "Jeopardy" host Alex Trebek, an indication of how long this film has been waiting to be released. I will say that one the star was clearly allowed to just riff without direction, goes on too long and is the low point of the film.

The real charm of "Free Guy" lies in the likeability of its leads. The characters played by Reynolds, Comer, Keery, and Howery are all people you'll want to spend time with, not just as they go on adventures, but even when they're just talking to each other. Charisma and chemistry like that is something that can't be programmed, it comes from the

Grade: B-

"Free Guy" is rated PG-13 for strong fantasy violence throughout, language, and crude/suggestive references. Its running time is 115 minutes.

Contact Bob Garver at rrg251@nyu.edu.



Photo Credit IMDB



TWO, Free Open House Events



Congregation Beth Shalom of the Blue Hills Serving: Milton, Quincy, Braintree, Boston, Hyde Park, Canton, Randolph. 18 Shoolman Way Milton, MA. 02186

Our annual Ice Cream Social on 8/29, 10am - Noon*

Enjoy treats from the ice cream truck, play outdoor games, create a link in our Mitzvah chain, tour our new solar powered building, & meet our warm and friendly Rabbi, Education Director, Teachers, and Member Families!

Potential New Members who attend will receive 1 free adult ticket to either Rosh Hashannah or Yom Sippur services. All families with young children who attend are invited, as our guests, to participate in ur Family and Youth services, including High Holyday, Festival, and Shabbat services throughout the

Our Sukkot Decorating Party and Sing Along on 9/19, 10am - Noon* Have fun creating decorations to make our Sukkah shine, Sing great songs with our Jewish Music Specialist, & meet our warm and friendly Rabbi, Education Director, Teachers, and Religious School Families!

There will be a short parent meeting with the Religious School team from 11:30-noon. Parents/caregivers are welcome to join us while the children decorate the Sukkah nearby with our teen assistants! For more information: call 617-698-3394 www: bethshalombluehills.org

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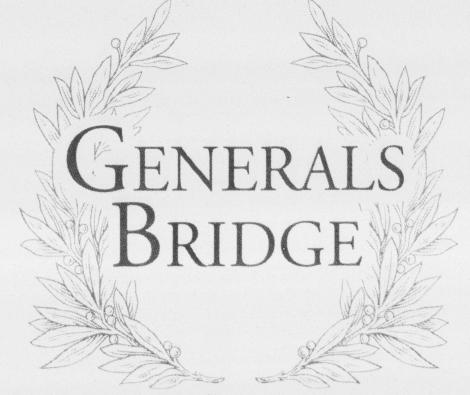
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Honoring the contributions of eighteen military generals from Quincy, Massachusetts











A U G

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Volunteers Sought For Annual Neponset River Cleanup Sept. 25

The Neponset River Watershed Association (NepRWA), along with a group of partners, is sponsoring the annual Neponset River Fall Cleanup on Saturday, Sept. 25th from 9 a.m. to noon with work sites in Canton, Dorchester, Hyde Park, Mattapan, Milton, Norwood, Quincy, and

'Our annual fall cleanup makes a big difference in areas along the Neponset River, local streams, and parks that often go unnoticed. It not only makes these sites look nicer but improves recreational access and helps wildlife habitats," said NepRWA Executive Director Ian Cooke.

Volunteers of all skill levels and physical abilities are needed to help with this important event. Join for an hour or the entire time - every bit helps.

Pre-registration is required at www.neponset. org/cleanup2021. If you have any questions, contact NepRWA cleanup coordinator, Meghan Slocombe at slocombe@neponset.org or 781-575-0354 x308.

All volunteers are asked to meet at their pre-assigned site and to wear masks when they are unable to maintain social distance to six feet.

Bring water, sunscreen, hats, work gloves, appropriate footwear (no sandals), a mask, and work clothes that can get dirty. Children under the age of 12 must be accompanied by an adult.

Supporters of the Neponset River Cleanup include:

MA Dept. of Conservation & Recreation (DCR), James G. Grant Co., Paddle Boston, ENE Systems, Inc., Belnel Neighborhood Asso-

ciation, Dorchester Running Club, East River Neighborhood Association, Caring Canton Citizens, Edgewater Neighborhood Association, Friends of the Boston Harbor Walk, Milton DPW, Norwood DPW, Norwood Trails Committee. pole Trails Committee and American Rivers.

Can't participate in the cleanup? Consider donating to help offset the cost: www. neponset.org/donate

The Neponset River Watershed includes the communities of Dorchester, Hyde Park, and Mattapan; Canton, Dedham, Dover, Foxborough, Medfield, Milton, Norwood, Quincy, Sharon, Stoughton, Randolph, Walpole, and Westwood. Learn more about the Neponset River Watershed Association at www.neponset.org.

Quincy Point Congregational Church

In-person and online worship take place every week at Quincy Point Congregational Church.

On Sunday, Aug. 29 at 10 a.m. there will be in-person worship at Quincy Point Congregational Church, 444 Washington St. in the air-conditioned sanctuary. Rev. Kimberly Murphy will be preaching. Diaconate chairperson Karen Kearns will read scripture and Ron Grabke will be the soloist of the day. The church sanctuary is accessible to all via the Abbey Road side of the church, with designated parking and an elevator.

On-line worship takes place on the Quincy Point Congregational Church channel; the new videos are premiered each week at 10 a.m., but feel free to watch Subscribe to

Massachusetts - Quincy

will hold a literacy volun-

teer oreientation on ZOOM,

Wednesday, Sept. 1st from 6

to 7:30 p.m. virtually from

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If you want to attend the orientation, visit the

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visit

617-376-1314.

"Points" weekly electronic newsletter to receive the link for weekly worship. To sign up for these emails, visit the church website at www. quincypointcong.org and fill out the form on right hand bottom of page or contact the church office. You can also subscribe The Quincy Point Congregational Church YouTube channel or see worship on Wednesdays at 6 p.m. on QATV channel 8. FYI: "Live" worship is coming soon.

It is the last week of Church School for All Summer Storytime, which airs at 9:15 a.m. on the Quincy Point Congregational Church YouTube channel on Sundays. Hear a book read by author, Joyce Romeri, Nicholas C. Bear - a Christmas gift. about everyone's capacity to be

For more information,

org/read or email Mary at

quliteracy@ocln.org or call

thomascranelibrary.

special Christmas gifts. Inperson Sunday School and Youth Group starts on Rally Day, Sept. 12.

The Missions and Social Justice Committee of **Quincy Point Congregation**al Church is sponsoring a summer clothing collection for Quincy Public Schools McKinney Vento Program. Items needed in children's sizes XS-XL are: children's underwear (needed most), socks (needed most), tshirts, sweatpants and leggings. Drive ends on Sept. 26. Drop off to the church on Sundays before worship or weekdays from 9 a.m. to 2 p.m. Ring the church doorbell by the bakery, doorbell at the Abbey Road accessible door or call 617-

READERS FORUM

Supplies Sought To Help Victims Of Earthquake In Haiti

On Aug. 14, 2021, a powerful earthquake ravaged the southern part of Haiti. This happened as people were heading in great number to the southern cities to celebrate the very popular feast of Our Lady of the Assumption.

According to the Haitian Office of Civilian Affairs, there are 1,519 people who lost their lives and 6,753 people who were severely injured. There are also 37,332 houses completely destroyed according to the mayors of the cities of Jeremy, Les Cayes and Nippes. Over a million of people are without shelter. This happened just one month after the tragic assassination of the Haitian president.

Today the race is to save

Haitians in these areas need medical supply, water, food tractor to remove the rebels; tents and tarps to use as temporary shelter. There is now a novice prime minister when he visited the scene he commented that one of the survivors - a 70 -year-old woman - had a business of 100 gourdes about American \$10 selling spices in a tray. She still held the business in front of her collapsed house. One thing she asked the prime minister is not for money it is to see her small house

We Haitians are people of faith in God of hope and love. We are resilient and determined to see our country restored. Today, most of the help that those

Suits for Success program,

or to schedule a drop-off

victims received are from Haitians residing overseas. Many of us from Boston left families to go deliver their contribution directly to the victims. We urge you to support these people and not to give money to those big name and organizations asking money on behalf of the Haitians. We are determined not to let what happened when the earthquake of January 2010 hit Haiti killing 316,000 people. We are grateful to all the countries who sent their support to Haiti especially the U.S. Coast Guard which sent a boat full of first aid and supply; the Dominican Republic, China and Columbia who were the first on the scene

We thanks God for all the 50 Haitians doctors from the General Hospital of Port au Prince, the nurses and first responders Haitians who were also among the first. We are thankful for Arcadia shipping Cie who providing free shipping in the first few days of the earthquake.

Haiti needs to bury the victims and recover the survivors. We need ambulances especially helicopters. Arcadia shipping Cie can ship trucks, tractors. Their phone number in Boston is 617-792-3664; in Florida 954-300-3073 or 954-999-9348. We are grateful for food for the poor and Caritas who distributed some food in the affected cities according to the clergy in these areas. We urge them to reach out to all victims not just church people.

We thank God that Hurricane Grace did not cause any major damage. We are also thankful that our Saint Yves School which is in Port-au- Prince was not affected by those disasters. We just bought medical supplies along with enough tarp to accommodate at least one hundred families under temporary tents We sent them by boat on Friday, Aug. 21. We send them to the care of the principal; to the school who along with a major station and staff of the school will bring them to the hospitals and watch the distribution which the Office of civilian protection will do.

We thank CVS in Quincy and all neighbors and friends of our foundation who participated. At this point the Saint Yves School Foundation will not take money or check from anyone for the victims of the earthquake. We will welcome donations of tarps, medical supplies, and bags of rice or beans. We will be in front of the Knights of Columbus at 5 Hollis Ave., North Quincy on Friday, Aug. 27 at 6:30 p.m. or contact us at 617-347-3047. Thank you.

We are also in need of prayers. God is our refuge and our stronghold and ever present helper in time of

With God's help and Quincy's help Haiti will rise

Shalom peace.

Marie Denise Quincy

O'Donnell Promotes Suits For Success Program

Cont'd From Page 12

has given many people the confidence to take the next step in their lives. It can continue its successful mission with your generous help."

For more information about the Registry of Deeds'

time, please contact Alicia Gardner at (781) 461-6101

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The Norfolk County To learn more about Registry of Deeds is located Residents in need of assistance can call (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

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HarborOne Bank Packs 1,000 Backpacks With New School Supplies



MORE THAN 60 HarborOne Bank members joined together throughout the morning on Aug. 19 to pack 1,000 backpacks filled with new school supplies for local children to help them start the school year off right. Recipient organizations included: School on Wheels, Interfaith Social Services, Old Colony YMCA - Power Scholars of the Family Life Center, Family and Community Resources, The Family Center via Greater Plymouth County United Way, Adoption Rhode Island, and The Warwick Boys & Girls Club. From left to right: HarborOne's Michael Roberge, HarborOne's Carole Martyn and Rick Doane, executive director, Interfaith Social Services (located in Quincy serving the South Shore). HarborOne donated 250 Backpacks to their efforts to serve local children.

Didier Dinh Named ENC Women's Basketball Coach

Eastern Nazarene College Director of Athletics Dr. Brad Zarges announcesthe hiring of Didier Dinh as head women's basketball coach. Dinh becomes the 11th head coach in the program's 59-year history.

"I am very pleased to welcome Coach Didier Dinh to ENC as our head women's basketball coach. Coach Dinh's faith coupled with basketball coaching experience will help continue to build upon the excellent foundation that has been established in the program. It is exciting to add Didier to our staff as we strive to live out the mission of the College and athletic department," Zarges said.

"First, I want to praise God who has led me to Eastern Nazarene College," Dinh said. "I am honored to be named the next head coach for the Eastern Nazarene Women's Basketball

program. I want to thank President Dr. Jack Connell and Athletic Director Dr. Brad Zarges for the amazing opportunity to lead this team

"I also want to thank my wife for always encouraging and supporting me in my coaching journey. I am so excited to lead the studentathletes of this team to be the best that they can be."

Dinh joins the Lions after a four-year stint as an assistant men's basketball coach at Gordon College. In Dinh's four seasons at Gordon, the Fighting Scots compiled a 60-32 record while making two Commonwealth Coast Conference Tournament semifinal appearances and one trip to the CCC Tournament championship game.

He first began his coaching career in 2006 as the head freshman boys' basketball coach at Milton Acad-

emy before joining Belmont Hill School as an assistant varsity boys' basketball coach from 2008-2011 followed by one season as the assistant varsity coach and head freshmen coach at Boston Latin High School.

Dinh entered the collegiate coaching realm in 2012 as an assistant coach at Wheelock College then spent four seasons at Norwich University before heading to Gordon.

He also spent nine years as the 17U and 16U head coach of the Metro Boston AAU team.

Dinh graduated from Salem State University in 2012 with a Bachelor of Science degree in Sport Movement Science with a concentration in Fitness & Wellness. He obtained a Master of Science degree from Norwich University in 2017 in Organizational Leadership.

Quincy Quarry, Granite Workers Museum Set To Open Sept. 4, Sept. 5

will be opened on Saturday, Sept. 4th and Sunday, Sept. 5th from 11 a.m. to 3 p.m.

Also included will be at the Lyons Turning Mill grounds located on Quarry Hills Drive, West Quincy.

Historic pictures of the granite industry and interpretive information can be

The Quincy Quarry and viewed. The Museum will Granite Workers Museum also be open for a selfguided tour to view pictures and artifacts from Quincy's granite industry. A new museum display on the granite a self-guided walk around railway will include models of the rail bed construction and the railway car on the tracks at the crossing of the Boston to Plymouth Highway at East Milton. Both the rail bed and railcar were

designed by Gridley Bryant in 1825.

Museum members will be on hand to answer questions and Quarry Museum T-shirts will be on sale to help the museum through this period. If rain on either day both museum opening and walk around mill will be postponed to a later date. Any questions call the museum at 617-472-1322.



RECOVERED SOULS Golf Tournament raised \$75,000 to assist individuals in recovery. From left to right are Niall Corbett, Quirk Auto Service Manager, and Tina Cahill, executive director Recovered Souls. Courtesy Photo

Recovered Souls Golf Tourney Raises \$75,000 To Assist Individuals In Recovery

Golf Tournament held on Aug. 9 and raised \$75,000 to support the Foundation's mission of assisting individuals actively working their recovery.

Quirk Auto Dealers was Tournament's major

'We are thankful for Mr. Dan Quirk's philanthropic spirit, sense of community, and understanding of how individuals and their families are affected by substance abuse. At Recovered Souls, we believe that attending rehabilitation is instrumental in achieving recovery; however, sustaining their recovery with positive life experiences and goal setting is the next step in maintaining personal and professional well-being. Mr. Quirk and our tournament

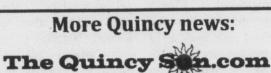
The Recovered Souls sponsors make a difference and help so many," said Executive Director Tina Cahill.

> The tournament was attended by people from all walks of life and industries who demonstrated a generous and compassionate dedication to helping address an epidemic that the pandemic has fueled. In the last year, it has been reported that deaths due to overdose surged by nearly 30 percent.

> A sincere Thank You to all of our sponsors and golf-

Quirk Auto Dealers, HarborOne Bank, South Shore Bank, Cahill - McSweeney Family, Liberty Health Services, Dunkin Franklin St., Quincy, Treasurer Michael Bellotti, Eastern Bank, Aware Recovery Care, Blue Hills Recovery, ARK Behavioral Health, Bowditch HighWatch Attorneys, Fast Twitch Recovery, Media, EnTrust Global, Crystal Travel, TerraCap, Turnbridge, Martin Realty, Davison Mechanical, Quincy Chamber, AFM Plumbing, Lucy Falco, Boston Property Management, Boston Property Contractors, Coppens Family, ABSInvestment and Freed Electric.

To learn more about Recovered Souls, visit RecoveredSouls.com.





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OBITUARIES

Mary Ericson, 77

Mary (Brancaccio) Ericson, age 77, a lifelong resident of Quincy, died peacefully Aug. 16 at Seasons Hospice Milton Inpatient Center, surrounded by her loving family.

Mrs. Ericson was born in Quincy, to the late Vincenzo and Amelia (Pascarelli) Brancaccio. She was raised and educated in North Quincy.

She was employed as a teacher's aide at the South Shore Educational Collaborative in Hingham for over twenty years and retired in 2009.

Mrs. Ericson was a talented cook and baker, and enjoyed hosting family gatherings, including Sunday breakfasts and dinners, and holidays. She loved having a house full of family and friends.

Mrs. Ericson enjoyed the simple things in life. She maintained a beautiful vegetable garden for many years. She enjoyed spending time with her late longtime companion, Simon "Si" Henrickson, and dog, Casey, at the seawall at the end of her Turner Street home in Houghs Neck. She cherished memories of visiting Boston's North End with family members and big family gatherings with her siblings and their families.

Most of all, she was devoted to her family, especially her grandchildren and great grandchildren, and loved doing arts and crafts with them.

Beloved wife of the late Walter L. Ericson, Jr. Devoted mother of Walter L. Ericson III and his wife Jean Downey of Ocala, FL, Felicia M. Noonan and her husband Thomas of Mansfield, Mary K. French and her companion David Ryan of Weymouth, and Robert E. Ericson and his



MARY ERICSON

companion Kelly Swart of Stephentown, NY.

Loving grandmother of Vincent Ericson, Cameron McCarthy, Spencer Mc-Carthy, Madison Noonan, John "Jack" Noonan, Brian French, Kevin French, Randy French, Shannon Ericson Smith (and her daughter, Olivia), Raymond Ericson, and Marcus Ericson. Cherished great-grandmother of Brian Ericson, Cindy French, Brian French, Chloe French, and Savannah French.

Dear sister of Anna Falzone of Pinellas Park, FL, Joseph Brancaccio of Brooksville, FL, and predeceased Salvatore Brancaccio, Alfonso Brancaccio, Gerry Brancaccio, Prudence Loomis, Catherine MacDonald, Clara Finger, baby Gaetano Brancaccio, Gaetano Brancaccio, Vincenzo Brancaccio, and Pasquale Brancaccio. She is also survived by her dear aunt, Lina Bianco, many cousins, nieces, nephews, and their families.

At the request of the family, services were private.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

Karen K. Kirby, 71

KAREN K. KIRBY

nurse entrepreneurship and

support of nursing organi-

zations and colleagues. Ms.

Kirby was the first recipient

wrote, "The making of

friends, who are real friends,

is the best token we have

of a person's success in

life." Ms. Kirby included

that quote in the obituary

she wrote for her dear hus-

band, Jim. By that stan-

dard, Ms. Kirby was very,

very successful. She was a

wonderful and dependable

sister, friend, mentor, and

colleague. Her generosity

was legendary - of heart,

spirit, and mind. She cel-

ebrated family, friends and

colleagues' achievements

and successes while provid-

ing support during difficult

times. Family, friends and

colleagues describe her as "a

in death by her beloved hus-

band Jim Wiczai in 1997, her

parents Delbert and Lillian

Kirby of Michigan, stepson

Peter M Farry of California,

and a young brother, Danny

Jay Kirby in 1961. She is

survived by stepdaughter

Lisa M Farry of Texas, a sis-

ter Arlene Kirby and broth-

ers Steve (Barb) Kirby and

Scott (Amy) Kirby, of Mich-

igan. She leaves nieces and

nephews: Beth (Patrick) Kil-

loran of Vienna, VA, James

(Jennifer) Basinger of MD,

and Heather, Stephanie and

Nicole Kirby of Tawas; and,

four great-nephews Daniel

Eda, her beloved pet com-

p.m. on Friday at the funeral

Ms. Kirby will be interred

be made to the Animal Res-

cue League of Boston, 10

Chandler St., Boston, MA

privately.

02116.

Visiting hours are 4 to 8

Following cremation,

Memorial donations may

Ms. Kirby was preceded

gift in our lives".

As Edward Everett Hale

of the award in 2020.

A funeral service for Karen K. Kirby, age 71, will be held Saturday at 11 a.m. in Keohane Funeral Home, 785 Hancock St., Quincy.

Ms. Kirby died of breast cancer at Boston's Brigham & Women's Hospital on Aug. 15.

She was born in Midland, MI on July 17, 1950. She strived to learn earning baccalaureate and master's degrees at the University of Michigan and the University of California. This launched a lifelong journey in nursing and nursing leadership.

After working as a staff nurse and supervisor, Ms. Kirby moved into vice president roles in California and Boston where her reputation for excellence ensured that every patient received the best care and every staff member was encouraged and supported. She transitioned to international healthcare and led the successful creation of hospitals in international sites such as Scotland and India. In 2002, Ms. Kirby assumed ownership of Kirby Bates Associates, a nationwide healthcare consulting and executive search firm that serves as an enduring model for other nurse entrepreneurs.

Ms. Kirby led outside traditional roles and she influenced nursing across the globe. Her commitment to nursing was exemplified when she became the executive producer of the film "If Florence Could See Us Now." Her contributions were recognized with numerous awards including her induction as a fellow in the American Academy of Nursing, one of nursing's highest honors. Ms. Kirby was selected to be a fellow in the prestigious Wharton Program at the University of Pennsylvania. Her commitment to healthcare culminated in the Organization of Nurse Leaders creating the Karen K. Kirby award for



NANCY F. CHAMBERLIN MEMORIAL CELEBRATION 9/23/21

A memorial celebration will be neld on Thursday, September 23, 2021, for Nancy F. Chamberlin who was loved in Quincy and Truro, MA. The interment will begin at 12 noon in the Old North Cemetery, North Truro (across from the police station). A social gathering in honor of Nancy will ollow at The Red Inn, 15 Commer cial St., Provincetown. Family and riends welcome. Please RSVP to Paul Chamberlin before September 15, 2021, (850) 598-1498 or pic_pmc@yahoo.com

John P. O'Hare, 66

A funeral Mass for John P. O'Hare, age 66, was celebrated Aug. 20 at Holy Trinity Parish, Most Blessed Sacrament Church, Quincy.

Mr. O'Hare died peacefully Aug. 15.

Raised and educated in Quincy. Mr. O'Hare enjoyed going to the Quincy Yacht Club, as he was a lifetime member. He also belonged to the Braintree Rifle and Pistol Club.

Mr. O'Hare was a retired meat cutter, he worked 20 years with Shaw's Market, 17 years with Finlay's Market and with Stop & Shop for 5 years.

He was the loving father of Christopher O'Hare (QFD) and his wife Kerri of Quincy, Steven O'Hare (QPD) and his wife Nicole of Quincy, and Elise Hamel of Quincy; devoted grandfather of Finnegan, Callum, Gavin, Declan, Ryan, and Mason O'Hare, and Serena Crane: devoted brother of Patricia Sullivan of Naples, FL, Sandra O'Hare of North Attleboro, Maureen Goldie of Weymouth, Peter O'Hare



JOHN P. O'HARE

(Ret. QFD) of Weymouth, Joseph O'Hare of Weymouth; survived by many nieces and nephews; former husband of Donna McCourt.

Mr. O'Hare gave blood on a regular basis until he was told he could not donate any longer for his own health. In his honor and in lieu of flowers, please consider donating blood to the Boston Children's Hospital Blood Donor Center.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Paul Damigella, 82

A funeral Mass for Paul Damigella, 82, of Quincy, was celebrated Tuesday in St. Ann's Church, Quincy.

Mr. Damigella died Aug. 18 surrounded by his family.

The beloved husband of 56 years to Paula (Merrill) Damigella. Devoted father of Paul Damigella and his wife Bonnie of Bridgewater, Robert Damigella of Brookline, NH and his late wife Elizabeth, Richard Damigella and his wife Amy of Weymouth, Kimberly (Damigella) and Joseph Deitsch of Easton. Brother of the late Emily and Frank DiCarlo, Anthony and Harry Damigella and brother-Killoran. She leaves behind in-law of MaryAnn Damigella of Quincy. Cherished Grampy of Paula, Joseph, Danielle, Michael, Katelyn, Robert, Ashleigh, Jessica, Melissa, Nicholas, Allison, Taline and Giulia. Great grandfather of Jacqueline, Christian and Aidan. Paul is also survived by many

> nieces and nephews. Mr. Damigella grew up in South Boston; he graduated from South Boston High School Class of 1957.



PAUL DAMIGELLA

He enlisted into the United States Marine Corps, where he served his country for two years. Upon his military service, Mr. Damigella I began working in the printing industry and later took a position as a manager with ARC of the South Shore. He enjoyed bowling and basketball.

Mr. Damigella's life was dedicated to his family. He was an attentive and devoted husband, father and cherished grandfather, who always put his family needs first. The foundation of his life was his family, they were the cornerstone of all that was truly important to him. Although they are heartbroken at his loss, they are grateful for all the blessings and memories they created through the years.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.





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Donata 'Dina' DiBona, 84

A funeral Mass.for Donata "Dina" DiBona, age 84, a longtime resident of Quincy, will be celebrated in Saint John the Baptist Church, 44 School St., Quincy, on Thursday, Aug. 26 at 10 a.m.

She died peacefully Aug. 21 at home, surrounded by her loving family.

Dina was born in San Donato Val di Comino, Italy, to the late Donato and Felicetta (Tocci) DiBona. Devoted wife of the late Donato DiBona, Dina was the cherished mother of Dario DiBona and his wife Patricia Murray DiBona of Braintree, and Daniela Di-Bona Faia and her husband Ralph Faia of Everett.

Dina is survived by her best friend and sister, Maria DiBona of Quincy, and her brothers, Joseph DiBona and his wife Lori of Randolph, and Erminio DiBona and his wife Barbara of Holbrook. She is also survived by her sister-in-law, Lea (DiBona) Fabrizio and her husband Furio of San Donato, Italy, as well as several nieces and nephews.

Dina was a devoted grandmother to Sonia Faia, Ralph Faia and his fiancée Krystina Larrow, Juliana DiBona and her husband Matias Krause, Cristian



DONATA 'DINA' DIBONA

Faia and her fiancé Andrew Murkidjanian, Olivia DiBona and her fiancé Christos Koci, and Emma DiBona.

In 1956, Dina left her beloved San Donato, a medieval village nestled in the Apennine Mountains, on the last successful voyage of the Andrea Doria. Her family settled in South Quincy where she worked as a bookkeeper at Lincoln Granite Company.

She married Donato at Saint John's Church in 1958 and began her busy life raising her children, helping with her grandchildren, and hosting countless relatives from the U.S. and abroad. The doors of Dina's house were always open to family and friends. An accomplished Italian cook and baker, Dina's multi-course meals and holiday celebrations were legendary. Everything tasted better in Nonna's kitchen

Dina was a highly intelligent and self-educated woman with a range of interests, from medicine and politics to entertainment and fashion. She loved to talk, checking in on loved ones far and wide from her kitchen phone.

Determined that her children have a better life in America, Dina made sure they received a college education. She was proud of their accomplishments and those of her grandchildren.

She will be remembered as an outspoken force, never afraid to speak her mind or share her opinion. Her words of wisdom, "pinch of this" recipes, birthday cards, and phone calls will be missed by all who had the privilege of knowing her.

Visiting hours were Wednesday from 5 to 8 p.m. at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Ouincy.

Interment Pine Hill Cemetery, West Quincy.

Memorial donations may be made to The Jimmy Fund, P.O. Box 849168, Boston, MA 02284-9168.

Philip F. Lydon

Philip F. Lydon of Dorchester, formerly of Cong, Co. Mayo, Ireland, died Aug. 2.

Beloved husband of his devoted wife Molly (Clifford). He will be deeply missed by his loving mother and father, Christine and Ernest of Ireland; his sisters, Jill and her husband Bartley of Ireland, and Abigail and her partner Patrick; and his brother Ernest of Ireland.

Mr. Lydon was the sonin-law of Kevin and Kathy Clifford of Quincy, and the caring brother-in-law of Jamie DeLue and her husband



PHILIP F. LYDON

Ryan of Hanson, Kerry Kennedy and her husband Jim of Quincy, Kiera of

Dorchester, Sean of Quincy, and Conor of Quincy. He was also the proud uncle of Emma, Jason, Cian, and Ethan, all of Ireland, and Emily, Ryan Jr., and Daniel of Hanson and James of Quincy.

Visitation and funeral services will remain private.

Memorial donations may be made to the Kevin Bell Repatriation Trust at kevinbellrepatriationtrust.com.

Funeral arrangements were made by John J. O'Connor & Son Funeral Home, Dorchester.

Suzanne C. McNelley

A funeral Mass for Suzanne C. (Prairrie) McNelley of Quincy, originally from Dorchester, was celebrated Monday in Sacred Heart Church, Quincy

Mrs. McNelley died Aug. 15.

She adored her family and cherished being a wife, mother, and grandmother. She worked at Boston Medical Center for over 30 years and loved taking trips to

Mrs. McNelley was a strong, faithful, and generous woman who would give you the shirt off of her back. She was very social and lovingly referred to as "motor



SUZANNE C. McNELLEY

mouth" by some of her family. Mrs. McNelley will be greatly missed by all who knew her.

Beloved wife of David McNelley of Quincy. Cherished mother of Patricia Drummond, Michael Mc-Nelley, and Kayla McNelley, all of Quincy. Devoted

Nana of Ella Costin. Loving sister of Joanne Cobb of Weymouth, Donna O'Brien of Abington, Karen Irvine of Rockland, Michael Prairrie of NH, David Prairrie of Quincy, and the late Michelle Prairrie. Daughter of the late Vernal and Mary (Gillis) Prairrie. Also survived by many nieces, nephews, grand and great grand nieces and nephews, and her beloved dog Tyson and cat

Interment at Cedar Grove Cemetery, Boston

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Diane M. Lydon, 79

Diane M. (Hall) Lydon, 79, of Milton and formerly of Quincy, passed away peacefully surrounded by her family on Aug. 21.

Loving wife of 61 years to John J. Lydon Jr., former Quincy city councillor, of Milton. Daughter of the late James Hall and Lillian Lawrence. Devoted mother of Janet Lydon of Milton, Carol Lydon and her husband Richard Weidmann of Dorchester, Michelle Lydon and her husband, Councillor Charles Phelan Jr. of Quincy, and the late David Lydon. Beloved grandmother of John Twomey of Quincy, Paul Twomey and his wife Kristin of Weymouth, Roberta Lydon-Phelan of Quincy, Charles Phelan III of Quincy and Katie Weidmann of Dorchester. Greatgrandmother of Tighe and Leigh Twomey. Diane also leaves behind many beloved friends.



DIANE M. LYDON

Diane was a born in Boston and a true Southie girl. She graduated from Gate of Heaven High School class of 1960. She worked for many years as a Social Director at Granite Place in Quincy, however she was fully invested in helping her husband build their own business, the Lydon Funeral Home in Quincy. She loved to travel with her husband Jack, frequently flying back

and forth to Tortola, BVI and all around the world on new adventures together. Diane's favorite place to be was at Lake Winnipesaukee, NH, where she spent her summers on Bear Island with her family and friends.

The Lydon family would also like to extend a special thank you to all the healthcare workers that cared for her over the years.

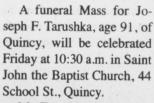
Diane will be missed by all who knew her, but she will forever remain in our

Per the family's request services will be private.

Funeral arrangements were made by the Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

In lieu of flowers, for Diane, the Lydon family asks that you reach out to someone you love and care about, as we are never guaranteed a

Joseph F. Tarushka, 91



Mr. Tarushka died peacefully Aug. 21 at Alliance Health in Braintree, surrounded by his loving fam-

Joseph was born in South Boston, to the late Alice (Drobach) and William V. Tarushka. Raised and educated in South Boston, he was a graduate of South



JOSEPH F. TARUSHKA

Boston High School. He lived in Quincy for over

30 years, earlier living in Brockton and Dorchester.

Joseph served in the U.S Marine Corps during the Korean conflict and attained the rank of Sergeant.

He worked as an electronic technician primarily with the Polaroid Corpora-

Joseph enjoyed current events and following politics. He was an avid sports fan and also enjoyed watching classic movies.

Beloved husband Cont'd On Page 24



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AAA: Massachusetts Gas Prices Down One Cent

Massachusetts's average gas price is down 1 cent from last week (\$3.05), averaging \$3.04 per gallon.

Monday's price is 2 cents higher than a month ago

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION Docket No. NO20P3140EA

Commonwealth of **Massachusetts The Trial Court**

Probate and Family Court Norfolk Probate and Family Court 35 Shawmut Road Canton, MA 02021 (781) 830-1200 Estate of: Brian D. Clarke

Also known as: Brian Douglas Clarke Date of Death: 05/28/2020

To all interested persons: A Petition for Formal Adjudication of Intestacy and **Appointment of Personal** Representative has been filed by McKenzie & Associates, P.C. of Boston, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: McKenzie & Associates, P.C. of Boston, MA be appointed as Personal Representative(s) of said estate to serve With Personal Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/22/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED **ADMINISTRATION UNDER** THE MASSACHUSETTS **UNIFORM PROBATE** CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 18, 2021 **COLLEEN M. BRIERLEY** Register of Probate

(\$3.02), and 92 cents higher week, but the price per barthan Aug. 23, 2020 (\$2.12). Massachusetts's average gas price is 12 cents lower than the national average.

many to sell the stepart through

only a dramatic drop on the

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION Docket No. NO21P1926EA Commonwealth of Massachusetts

The Trial Court Probate and Family Court Norfolk Probate and Family Court 35 Shawmut Road

> Canton, MA 02021 (781) 830-1200 Estate of: Elizabeth A. White Date of Death: 05/03/2021

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Richard A. Henderson of Cohasset, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Richard A. Henderson of Cohasset, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/01/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: July 28, 2021 **COLLEEN M. BRIERLEY** Register of Probate

rel is at the cheapest in three months," said Mary Maguire, AAA Northeast Director of Public and Government "Crude oil prices saw not Affairs. "If this downward trend continues and less ex-

pensive prices are sustained,

Americans can expect to see

relief at the pump in the near

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION Docket No. NO21P2044EA Commonwealth of

Massachusetts The Trial Court Probate and Family Court Norfolk Probate and Family Court 35 Shawmut Road Canton, MA 02021 (781) 830-1200 Estate of: Joseph Mogan, Jr.

07/19/2021 To all interested persons: Joseph Mogan of Quincy,

Date of Death:

requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Joseph Mogan of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administra-

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/15/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED **ADMINISTRATION UNDER** THE MASSACHUSETTS **UNIFORM PROBATE** CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 13, 2021 COLLEEN M. BRIERLEY Register of Probate

AAA Northeast's August 23 survey of fuel prices found the current national average to 2 cents lower than last week (\$3.18), averaging \$3.16 a gallon. Monday's national average price is 1 cent higher than a month ago (\$3.15), and 98 cents higher than this day last year (\$2.18).

OBITUARY

Joseph F. Tarushka, 91

Cont'd From Page 23

of the late Margaret L. (MacEachen) Tarushka.

Devoted father of William V. Tarushka and his wife Donna of Holbrook, Daniel H. Tarushka and his

wife Linda of Sandown, N.H., and Michael J. Tarushka and his wife Sherri of Bridgewater.

Loving grandfather of Ashley, Casey, Robert, Catherine, and David.

Loving great-grandfather of two great-grandchildren.

The last of four siblings, he was predeceased by John Tarushka, Vincent "Vic" Tarushka, and Helen Zemaitis. He is also survived by many nieces and nephews.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, Thursday, Aug. 26, from 4-7 p.m. Relatives and friends are invited to attend.

Interment, with military honors, at the Massachusetts National Cemetery, Bourne.

Memorial donations may be made to the Disabled American Veterans (DAV), P.O. Box 14301, Cincinnati, OH 45250-0301.

NOTICE OF PUBLIC HEARING

Case ZBA 21-55

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, September 14, 2021 @ 5:30 P.M. to consider the application of Daniel Clune for a Variance to construct a porch in the front setback in violation of Title 17 as amended, Chapter 4.3.6.3 (yard regulations/front setback) on the premises numbered 45 SHORE AVENUE, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom. directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: September 14, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

https://us06web.zoom.us/j/87312960442?pwd=NXI6REIOV 2tXdnlLYm9MYWQ4UINIdz09 Meeting ID: 873 1296 0442

Passcode: bjv6Az

One tap mobile +16465588656,,87312960442#,,,,*718787# US (New York)

+13017158592,,87312960442#,,,,*718787# US (Washington DC)

Dial by your location

+1 646 558 8656 US (New York) Meeting ID: 873 1296 0442

Passcode: 718787

Find your local number: https://us06web.zoom.us/u/ **kAWExOTpU**

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System https://quincyma. viewpointcloud.com/ and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

8/19/21, 8/26/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-65

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, September 14, 2021 @ 5:30 P.M. to consider the application of Irene Thai for a Variance to convert the existing single family home that is under construction, into a two-family home in the mixed Residence A & Residence B zone in violation of Title 17 as amended, Chapter 3.1.4 (Use variance) on the premises numbered 213 NORFOLK STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: September 14, 2021 05:30 PM Eastern Time (US and Canada)

https://us06web.zoom.us/j/87312960442?pwd=NXI6REIOV

Join Zoom Meeting

2tXdnlLYm9MYWQ4UINIdz09 Meeting ID: 873 1296 0442 Passcode: bjv6Az

One tap mobile +16465588656,,87312960442#,,,,*718787# US (New York)

+13017158592,,87312960442#,,,,*718787# US (Washington DC) Dial by your location

+1 646 558 8656 US (New York) Meeting ID: 873 1296 0442

Passcode: 718787 Find your local number: https://us06web.zoom.us/u/ **kAWExOTpU**

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System https://quincyma. viewpointcloud.com/ and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

LEGAL NOTICE

CITATION ON PETITION TO MODIFY BOND G.L. c. 190B, §3-604 Docket No. NO14P2484PM Commonwealth of

Massachusetts **The Trial Court Probate and Family Court** Norfolk Probate

> and Family Court 35 Shawmut Road Canton, MA 02021 (781) 830-1200 In the matter of:

Theresa Harlan To all interested persons: A Petition has been filed by: Paula Zwicker of Bridgewater, MA and David Zwicker

of Bridgewater, MA requesting that the Court enter a Decree and Order modifying the bond of the Personal Representative and for any other relief as requested in

the Petition. You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on 09/22/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 13, 2021 COLLEEN M. BRIERLEY Register of Probate 8/26/21

8/19/21, 8/26/21

8/26/21

8/26/21

8/26/21



QUINCY RECREATION DEPARTMENT Pepsi Hot Shot Tournament Champions - from left to right Leader Tyler Le, James Bryan, Jason Lai, Barry Yang, Darian Hockney, Gabby Davis and Leader Charlie Clifford. Photos Courtesy Quincy Recreation

Recreation Department Holds Pepsi Hot Shot Tournament

The Ouincy Recreation Department recently held its annual Pepsi Hot Shot Tournament at the Fenno Street Basketball courts.

The Pepsi Hot Shot Tournament is a popular event and was well attended, with approximately 50 youngsters from the city's 17 playgrounds participating. The tournament was separated into five divisions: Boys Midgets (8-10), Boys Juniors (11-12), Boys Seniors (13-16), Girls Midgets (8-10) and Girls Juniors (11-12). The event was run by sports specialists Marissa McGue, Tim Durgin and John Grasselli.

In the Boys Midget divi-

sion, James Bryan of Perkins led the way with over 50 points. Johnny O'Connor and Logan Mann both submitted sound performances finishing second and third in the competition

The Boys Junior division featured a deep and competitive field. Jason Lai put up a complete performance finishing with 66 points, the highest of any age group. This score was challenged by Max Lamonica and Joe Carroll of Forbes Hill who ended up finishing second and third respectively.

Barry Yang finished first in the Boys Senior division with 55 points. Nehemiah Nii-aryee dominated from the 3-point line, and finished a close second with 50 points. Anthony Raines also shot well, coming in third and gaining most of his points from the baseline jump shot.

In the Girls Midget division, Gabby Davis finished in first place showcasing great command of the court, and making the most 3-point shots of any girl in her division. Nora Bryan of Perkins, and Bridget Knox of Beechwood made it a photo finish, but ultimately came in second and third.

The Girls Junior division had a deep and competitive field, with Darian Hockney leading all girls with an outstanding 43 points. Olivia Clifford and Aletheia Niiaryee proved to be Darian's stiffest competition, forcing the eventual champ to put out her best performance in the final round. Clifford and Nii-aryee left it all out on the court and finished second and third respectfully.

Quincy Recreation Director Michelle Hanly said the Pepsi Hot Shot Tournament was a huge success; all children showed great sportsmanship and enthusiasm. Hanly acknowledged the organization of the event by the sports specialists and wished congratulations to all who participated.

HOT SHOT TOURNAMENT Runners-Up - left to right Leader Jack Nelson, Johnny O'Connor, Nehemiah Nii-aryee, Nora Bryan, Olivia Clifford and Leader Brandon Sullivan.



HOT SHOT TOURNAMENT 3rd Place - left to right Leader Olivia Skinner, Alethia Nii-aryee, Anthony Raines, Bridget Knox, Joseph Carroll, Logan Mann and Leader Brandon Sullivan.

Quincy Opens Welcome Center At 1259 Hancock St.

The City of Quincy Welcome Center, located on 1259 Hancock St., in the Hancock Adams Common, open to the public on Tues-

"Visitors and residents are introduced to tours, two 60-inch digital screens events, history, culture, and everything the City of Quincy has to offer including places to stay, shop and looks forward to celebratdine," said Mayor Thomas

The new Welcome Center will be open Monday - Friday 10 a.m. to 4 p.m., with plans to open on weekends and special events in the future.

"The new center is inviting and accessible to everyone and will inform people with a variety of interests while spending time in Quincy," said Director of discoverquincy.com Tourism Dagny Ashley.

Displays include pamphlets, brochures guides, as well as a digital board with touch screen, providing an interactive visitor information experience. The center also includes to display events, specials, videos and more.

As the City of Quincy ing the 400th anniversary of settlement in 2025, the Quincy Welcome Center will enhance the visitor's experience highlighting the city's historic assets and all that Quincy has to offer today, city officials said in a press release.

For questions, contact the City of Quincy Welcome Center/Discover Quincy at 617-376-1537. Visit www.

Morrisette Legion Baseball Announces Fall Season

Morrisette Legion Baseball will be starting its fall baseball season and 2022 tryouts in September.

Fall baseball is for anyone who is interested in playing Junior or Senior Legion baseball next sum- risetteball@aol.com.

mer. Games will be Sunday mornings at 9 a.m. The dates of the games will be Sept. 12th, 19th, 26th and Oct. 3rd, 10th and 17th.

For more information email Steve Maze at Mor-

Birthdays, Life Celebration At Kennedy Center Sept. 15

Hamel-Lydon Chapel and Cremation Service of Massachusetts is celebrating birthdays and life at the Kennedy Center, 440 East Squantum St., North Quincy on Wednesday, Sept. 15 at 1:30 p.m.

All are welcome to join Rose Cristiani Pope, birthday coordinator for cake, ice cream and entertainment.

There is no cost to attend and all are welcome. Call 617-376-1506 to reserve

Bereavement Support Meeting Sept. 23

Michelle Lydon, funeral 1 to 2 p.m. The monthly tating a monthly bereavement support group at the Quincy Council on Aging, 440 East Squantum St. in North Quincy.

The next bereavement support meeting will be held on Thursday, Sept. 23, from event.

director of Hamel-Lydon group provides a space of Chapel & Cremation Ser- support and sharing for vice of MA, will be facili- those who grieve the loss of a loved one.

> There is no cost to attend and all are welcome. Call Rose Cristiani Pope at Hamel-Lydon Chapel (617) 472-5888 for more information or to RSVP for this

10 Quincy Students On **Thayer Academy Honor Roll**

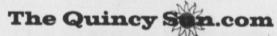
cy were recently named to the honor roll at the Upper School of Thayer Academy in Braintree.

High Honors: Jennifer

Ten students from Quin- Ayles, Sean Toland, Charlie Cao, Emma Dahl, Will Kourafas, Gavin Toland, Arianna Carden, and Matt Steffan.

> Honors: Aoibhe Gormley and Brett Collins.

More Quincy news:



14514

HOCUS-FOCUS

BY HENRY BOLTINOFF

King Crossword

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MAGIC MAZE ● — BRAKE

IBYYVSPMJHEBYVT

QOLC(P)IGDNBYWTRP

CDEMNKIFDUBYWUS

Q I R T E E O M K I R F D B Z

X S L U U N G W U E S R R Q O

NCLUMHGRPJEHEFD

RETSAOCIECAKTVT

YWVNTRLANMTSAQO

PNDLLIADKREEIWJO

ELCYCIBYHAFECBF

ZYWVUSRQHPPNMLJ

Find the listed words in the diagram, They run in all directions forward, backward, up, down and diagonally

Disc

Drum.

Engine

Emergency

Air

Bicycle

Caliper

Coaster

Unlisted clue hint: Also Known as a Parking Brake

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Foot

Jake

Hydraulic

Overrun

Parachute

Preumatic

acade and acade action and action and action and action and action and action and action actions action action

Water

16

19

24 Greek consonant

23 Chef's garb

- 25 Shoe width
- 26 Hosp. workers
- 28 Speck 30 Sturdy tree
- 31 Satchel
- 33 Sister 36 Poker variety
- 37 Formosa, today
- 40 Short jackets 42 Moved side-
- ways
- 43 Prolonged attack
- 44 Choir member
- 45 Singer Anita
- 48 Ref
- 49 Oom- -50 Year in
- Acapulco 51 French diarist Anais

42 43

52

55

of the Live and reflect de- ballon



Find at least six differences in details between panels.

test by Fifi Rodriguez

GENERAL KNOWL-EDGE: What word represents the letter "Q" in the NATO phonetic alphabet code?

2. MOVIES: Which actress, as a child, won a Best Supporting Actress award for her role in "The Piano"?

3. ADVERTISING SLO-GANS: What product is advertised with the slogan "Vermont's Finest"?

4. GEOGRAPHY: What is the English name for the country called Suomi by its people?

5. LITERATURE: Which 20th-century novel begins with the line, "All this happened, more or less"?

6. ANATOMY: What part of the brain deals with hearing

and language?

7. FOOD & DRINK: What is Earth?

8. TELEVISION: The TV series "Melrose Place" was drama?

is known as the Beaver State? 10. ANIMAL KINGDOM: What is the descriptive name for animals that are active at dusk and dawn?

Answers

- 1. Quebec
- 2. Anna Paquin 3. Ben & Jerry's ice cream
- 4. Finland
- "Slaughterhouse-Five," **Kurt Vonnegut**
- 6. The left hemisphere
- 7. Saffron 8. "Beverly Hills, 90210"
- 9. Oregon
- 10. Crepuscular © 2021 King Features Synd., Inc.

ARIES (March 21 to April 19) The typically tidy Ram or Ewe might want to butt out until things are settled on the home front. But get involved and let your Ovine sense of order help restore domestic tranquility.

TAURUS (April 20 to May 20) The Bovine's flair for fine-tuning complicated fiscal dealings comes in handy when an unexpected financial problem arises. Stay with it until it's resolved to your satisfaction.

GEMINI (May 21 to June 20) Family aspects remain strong. There might be some unresolved difficulties, but continued attempts to smooth things over eventually prove to be successful. A major purchase looms.

CANCER (June 21 to July 22) A promise that was made but never kept suddenly reemerges in your life. You now have to decide if you're still the most expensive spice on interested in what it offers or if you've moved past it.

LEO (July 23 to August 22) Romance comes to unata spinoff of which earlier tached Leos and Leonas who have been waiting for Cupid 9. U.S. STATES: Which state to target them for far too long. Domestic purr-fection is also enhanced for paired Felines. VIRGO (August 23 to September 22) You need to take a much-needed break from that demanding project before too much energy-draining tension sets in. And don't be ashamed to ask for help.

> LIBRA (September 23 to October 22) Change makes demands that you might find unwelcome at this time, But

instead of concentrating on the short run, look toward potential benefits down the road.

SCORPIO (October 23 to November 21) You have a gift for reviving projects that seem beyond repair. Use that same ability to restore a relationship that seems to have turned from loving to lifeless. SAGITTARIUS (November 22 to December 21) Expect to be asked to use your combined wisdom and humor to resolve a problem. After all, folks not only value your advice, they also like how you give it.

CAPRICORN (December 22 to January 19) Most people consider you solid and steady. But you also can be quite capricious (which is a Latin word for "describing the behavior of Goats") when it suits your needs.

AQUARIUS (January 20 to February 18) People treat you as you wish to be treated. So if you want a change in your relationship, make it happen. Also expect someone to reveal some long-held secrets. PISCES (February 19 to March 20) Stay with the decision you made, despite a sudden torrent of advice to the contrary from well-meaning people. Remember: You know your needs better than anyone.

BORN THIS WEEK: You' like things tidy, with no loose ends. You also enjoy research and would make an excellent investigative reporter or sci-

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another if you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: W equals R

H WSUDDJ YURS ZT HCSU NYUP PT CT NHPY PYHF RSWJ YUWC EHZSWUD. HP'F U KTWMZCME

> KTZMZCWME ©2021 King Features Synd., Inc.

King Crossword Answers-Solution time: 26 mins.



ANSWERS: CryptoQuip

counuqunuo mineral. It's a corundum to do with this very hard i really have no idea what

5 G E G D 8 6 AFDPETMOA HERE IS A PLEASANT LITTLE GAME that will give you a

5 6 OCDON P 0 0 5 8 3 4 8 5 E W 0 5 6 3

message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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by Tony Rizzo

HOLLYWOOD - British actor Rege-Jean Page made a splash in Shondra Rhimes' Netflix series "Bridgerton" on Christmas night of 2020. He became an overnight sensation. Fans of the show were shocked when he announced he'd be leaving the series after the first season. When he hosted "Saturday Night Live," he confirmed he'd left the show. Netflix knew what they had and immediately signed him to star in the \$200 million film "The Gray Man," opposite Ana de Armas, Chris Evans and Ryan Gosling, expected to be released for streaming next year. Then Paramount Pictures cast him opposite Chris Pine and Michelle Rodriguez in "Dungeons & Dragons" (due March 3, 2023).

Paramount was so impressed with him that they've handed Rege-Jean the plum title role of "The Saint" in the reboot of the 1962 British series that starred Roger Moore, a future James Bond (1962-69), then Ian Ogilvy in "The Return of the Saint" (1978-79) and finally Val Kilmer in the 1997 theatrical film, which flopped.

Paramount Pictures is in a dangerous place. They agreed to release "A Quiet Place 2" for 90 days into theaters after "A Quiet Place" grossed \$350 million. But then they decided to cut the time in theaters in half so they could boost their Paramount+ downloading platform. Producers John Krasinski and Michael Bay, plus its star, Emily Blunt, were poised to receive a big bonus from the theatrical release, and they now are demanding

that Paramount make up the monies they've lost due to the shortened release in theaters. Stars such as Tom Cruise and Mark Wahlberg are watching closely to see what Paramount will do, since both of them have major film releases upcoming through that studio. What Paramount does could affect the entire industry and some or all of the streaming platforms.

Meanwhile, MGM has been accused by director Andrew Levitas of trying to bury his film "Minamata" because of the personal negative baggage of its star, Johnny Depp. The film was acquired last fall after MGM relaunched American International Pictures (the studio that gave us the "Beach Party" movies with Frankie Avalon and Annette Funicello in the 1960s). This comes on the heels of Warner Brothers asking Depp to resign from his role of Grindelwald in the Harry Potter spinoff franchise "Fantastic Beasts."

Depp's messy divorce and battles with Amber Heard have been sensational tabloid fodder, which caused his last film, "Waiting for the Barbarians," co-starring Robert Pattinson and Mark Rylance, to tank at the box office with an embarrassing \$761,361 gross. MGM is not the powerful studio they were in their heyday and want no part of the public relations nightmare that could go with releasing this film or the hassles of dealing with Johnny Depp's woes! "#21 Dump Street!"

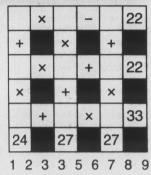
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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: * * *

* Moderate * ★ Difficult *** GO FIGURE!



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Antiques Collecting By Terry and Kim Kovel

Mystery Clock — You probably have seen a "swinger" clock, but never guessed how it worked. Most are small metal statues standing on a base while holding a long baseball bat, pendulum or other long, thin rod that is topped by a clock or a globe. It keeps time and the pendulum keeps swinging, but there is no sign of an electric plug or other power source. The first "mystery clock" was made by a French magician, Jean Robert-Houdin, in 1845. Many other versions followed. Junghans, German clock factory, made most of those seen today. Ansonia, an American clock company, also made these unusual clocks. The

The trick is that part of the base moves around slightly, keeping the pendulum swinging and moving the clock's hands. Another type of mystery clock was made with two clear crystal disks with a clock hand painted on each. The disks turned with power from the base. Many copies of antique mystery clocks have been made.

secret clock parts that kept

the hands moving were even

The model with an elephant swinging the clock is a favorite that was originally made by Junghans, but has been copied in China. Surprisingly, the original had m elephant made of white metal, while the copies made before 1930 were bronze. Watch out. There are many copies sold today, and it is very difficult to tell old from new. There are swinger clocks with figures such as a boy with a bat, the Statue of Liberty, Diana, a cherub and even a kangaroo. Neal Auction Company recently sold a metal swinging elephant

clock made about 1900, probably by Junghans, for \$576. It had a bronze patina.

Q: Back in the late 1970s and early '80s, I sold Avon products. When the second anniversary of my being a salesperson rolled around, I received a plate called "The Avon Doorknocker." I still have the original box of redheads. and it's in good condition. I'm trying to determine the value. Where should I to go to sell it?

A: Avon started the California Perfume Company in 1886. The name of the company was changed to Avon in 1939. It might sell at a garage sale, but it's easier just to donate it to a charity. Most Avon Doorknocker plates sell online for as little as \$3.

CURRENT PRICES

Game, Bambino Baseball, field with target holes at bases and outfield positions, tin lithograph, wooden ball & bat, Mansfield Products, 1946, box, 12 x 20 inches, \$155.

Paw, natural bent wood, animal hide weaving, c. 1925, 36 x 18 inches, pair, \$250. Garden patio lounge chair, Radar, cast iron mesh, black, rounded form, leg rest, 6 legs, M. Tempestini, Salteri-

ni, 28 x 30 inches, \$375. World War II parachute, Air Force folded into backpack, canvas & leather straps, label, Reliance Mfg. Co., June 22, 1943, \$705.

TIP: A paste of baking soda and water can be used to clean old enameled cast-iron

For more collecting news, tips and resources, visit www.Kov-

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otranse

- · Autism is more common than childhood cancer, diabetes and AIDS combined.
- · A bizarre dream in which cannibals surrounded him and prepared to cook him as they waved spears helped inspire Elias Howe's invention of the sewing machine. When he awoke, he remembered that the spears had holes in their shafts and moved up and down.
- · "Bhang lassi" is an Indian milkshake whose main ingredient is marijuana.
- · According to British law, any unclaimed swan swimming in the open waters of England and Wales belongs to the queen. The law originated in medieval times when swans were a delicacy for the wealthy.
- · "Gingerphobia" is a fear
- The Russians arrived 12 days late to the 1908 Olympics because they were using the wrong (i.e., Julian)
- In 1995 a woman in Sweden lost her wedding while cooking for

Understand-Christmas. ably distraught, she looked everywhere for it and even pulled up her kitchen floor, but didn't see it again until 16 years later, when, while gardening, she discovered it encircling a carrot that had sprouted in the middle

- The amount of copper on the Arizona capitol building roof is equivalent to nearly 5 million pennies.
- · Bumblebees can fly higher than Mt. Everest.
- Because he got a 25% profit share of merchandise, Elvis Presley manager Colonel Tom Parker was always in search of new ways to get fans to lay down some cash. One of the most notable was marketing to Presley's haters with badges that read "I Hate Elvis" and "Elvis is a Jerk."

Thought for the Day: "The mark of the immature man is that he wants to die nobly for a case, while the mark of the mature man is that he wants to live humbly for one." - J.D. Salin-

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Now here's a tip! by Jo Ann Derson

· If you keep a couple of crackers in your sugar jar, they'll keep the sugar from caking.

 Cucumber is a speedy Eskimo snowshoes, Bear diuretic. Try snacking on slices for a cool treat. Or deseed slices and slip a few in your glass of cold water.

> "When we go to the doctor with our youngest, we bring a few crayons. She'll lie down on the exam table paper, and we draw her outline. Then the can fill in her face and other details. This usually calms her while she is waiting. The doctor even has used the outline to talk about her body to her." - E.S. in Georgia

> "In older houses, you might have a problem with cracking drywall when trying to hang pictures. You can solve this by placing

a bit of clear tape over the spot where you're going to drive a nail. It goes right in. If you're nailing into wood, drag your nail through some soap (bar soap is fine) before striking. It does the same thing, keeping the wood from splitting." - P.K. in New

- · To prevent garbage cans from filling with water during rainstorms, drill several holes in the bottom, near the sides. This wise will help bags to come out of the can easier.
- Boost your metabolism by drinking green tea...hot or cold. Try it over ice with honey and a sprig of mint.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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How many years are in 1 billion seconds?

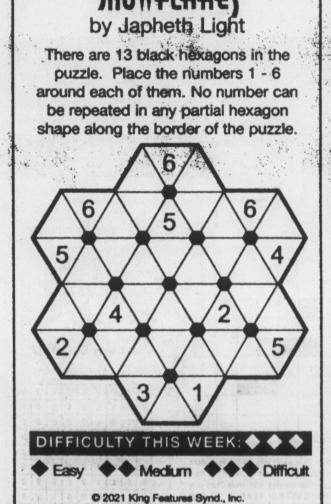
SHOMELUKES solution

- Go Figure! --answers



Stickelers Answer

divided by 365 equals 31.7 years. divided by 24 equals 11,574 days, and divided by 60 equals 277,777,778 hours, seconds equals 16,666,666.67 minutes, 1,000,000,000 seconds divided by 60



Super Crossword **GAMETIME**

1 High trains

3 Office aizmo

América

5 Espresso

quaffs

6 Blunder

7 Lower limb

8 Vain person

9 Country star

10 Inflammation

11 Polished off

12 North African

city citadel

married to

Beyoncé

14 Film director

DuVernay

excite me'

decorated

16 Elaborately

17 Chichén

15 "Doesn't

13 Rap star

Brooks

suffix

2 Medico

53 Suggest 55 Catch sight of 102 Game whose 59 Big arteries 61 Sports squad 62 Writer Calvino 63 Mensa figs. Lao-

13 Reggae land 20 Mucho 21 Sailing event 22 Warded off 65 Brunch, e.g. 67 TV host Kelly 23 Game in which groups 70 Game of items are containing 100 tiles named 25 Game utilizing 72 Apt word for this puzzle's

five dice 26 Liver spread 27 Part of TGIF by using the 28 "That's three letters show -! that appear 30 Singer Elliot 31 Game of in this entire bluffing and puzzle's grid trivia 73 Game based

surgery

87 Indianan,

90 Game

35 Enraged 36 Tax doc. pro 38 Filled cookies 39 Autumn mo. 40 Game involving picking fruit from trees 80 Notified 45 Boomers' 86 Glues

ACROSS

1 Ford dud

lament

6 Like a poetic

children 46 Seal herd 47 Part of TGIF 48 Glimpse 49 Atop, in poetry 50 Game having

117

126

featuring war negotiation 93 Pt. of PLO 94 Male buds a cross shaped 96 Zodiac cat 97 "Six-pack" playing area

players try to get rid of all their cards 105 Taoism's 106 "The land of cotton" 107 Acom tree 108 Lean-

(simple huts) 109 Game entailing theme, found sinking vessels 111 Actor Scott 114 Lead-in to nowhere else 115 - Lanka 116 — Spumante 117 Game

on jumping with an and capturing unmatched 75 Burn a little penalty card 76 Eclectic mix 120 Game using 78 Greek vowel rebounding 79 Certain eye automatons as originally named 82 Dogs' jinglers 126 Painter's mixing board 127 Geronimo's informally

(Mayan ruins) 18 OK grades 19 Citrus drinks 24 Suffix with profit 29 Sacred cow people 128 Slur over 31 Be a pugilist 129 Veers 32 "- you in?" 33 Portal 130 Toy terriers. 34 "T.N.T." band for short 131 Lauder of 35 Center 36 Chuckle cosmetics

37 Black tea 40 User of a certain weeding tool 4 — Unidos de 42 Most

84 Imitates

85 Day- --

colors

86 Mac rivals 41 Perp nabber 87 Ad -88 NHL's Bobby spacious 89 French "king" 43 With 91 Sail holder 52-Down 92 Help do bad 95 Mil. figures retort to "No you're not!" 98 Small guns 44 Mined matter 99 Demonstrate 100 Nintendo 46 Stipend, say 47 Prefix with 101 Autumn mo. thermal 50 "No -!" 103 Fast car, e.g.

("Sure!") 104 "Yippee!" 51 Owns 105 Meditative 52 See 43-Down martial art 54 Arctic coats 106 One-named 55 Frisbee, e.g. singer of the 56 Mark 1994 hit "You permanently Gotta Be" 57 Bay Area city 109 Baseball 58 Light cigars great Lou 60 Faith faction 63 Sick 111 Conks 64 Brit. monarch 112 - unto itself beginning 113 Sit in neutral

114 - of March 66 "Caught ya!" 115 Mark - -dieu permanently (kneeler) 118 Safari truck, 69 Inquires in brief 71 "Bolero" star 119 Suffix with 74 Pottery need Wisconsin 77 Strange 121 NYSE event 78 "- Beso" 122 Bray starter 81 Tripoli is its 123 Letter #19

124 Lyrical poem

125 Letter #20

capital

83 Is inclined

132 38 43 45 56 70 75

93 102 103 111 112 113 116

Weekly **SUDOKU** Answers

120 121

127

by Linda Thistle

118 119

3	6				2		5	
		1	9			4		
8			T. A.	6				9
9					8	3		
	4			3				1
		8	7				9	2
	De.	7		5	3	8		
	2			4				5
5			1				7	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

♦ Moderate ♦ ♦ Challenging ♦♦♦ HOO BOY!

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Super Crossword.

128

124 125

122 123

3	3	T	S	3		S	3	1	K	Я	0	Y		S	3	٨	Я	3	W	S
3	D	1	٦	3		S	3	Н	0	A	d	A		3	1	1	3	٦	A	c
1	0	8	0	Я	1	3	Н	0	0	0	1	H		D	1	A	M	D	٦	C
		1	1	S	A			1	Я	S		0	S	1			0	1	A	8
Р	1	Н	S	3	٦	T	T	A	8		S	0	1		К	A	0			
3	1	X	1	D		3	S	1		S	1	Н	e	1	3	Y	Z	A	A	0
S	M	3	4		S	8	A		0	3	٦		S	0	A	8		D	Я	C
				Y	0	A	M	0	٦	d	1	a		Я	3	1	S	0	0	+
S	3	T	S	A	d			S	Ð	A	1	D	I		a	٦	0	T		
K	1	S	A	٦		A	T	3				0	1	٦	0		H	A	Н	0
S	H	3	K	0	3	Н	0		N	n	4		3	٦	8	8	V	H	0	S
A	Р	1	A		٦	A	3	M				S	O	1		0	٦	A	1	1
		M	A	3	1		S	A	T	A	0	A			٨	Я	0	S	3	C
3	S	0	d	0	Н	d		1	S	3	3	Н	0	Я	A	Р				
A	3	0		K	0	0	٦		a	0	Ð		a	0	d		S	H	3	X
0	٨	A	A	3	H	0	0	Н	1	Н		T	C	0		S	0	3	Я	C
			A	d	0		a	A	M		Н	S	A	а	н	3	a	٦	A	8
S	S	A	0			Z	1	8		S	1	T			3	1	٧	d		
3	3	Z	1	Н	A	٨		S	3	1	Я	0	C	Н	3	1	1	٧	0	S
D	3	T	Я	3	٨	A		A	1	T	٧	D	3	A		٧	S	1	0	7
٧	C	1	A	M	٧	٢		0	A	1	Ð	3	٦	3		٦	3	S	а	111

Even Exchange

10. Absent, Assent 9. Waist, Wrist

8. Fumble, Mumble 7. Thank, Think 6. Nearby, Nearly

5. Quill, Quilt 4. Hilly, Holly 3. Pierce, Pierre

2. Singe, Since 1. Taller, Teller

celebrity

by Dana Jackson

Q: Is the show "Big Sky" returning for a second season? If so, when will the new episodes start? -KM. A: Yes, the David E. Kellev ("Ally McBeal," "LA Law") mystery drama set in Montana will be back for its sophomore season this fall. The first season of "Big Sky" starred Katheryn Winnick, Ryan Phillippe and Kylie Bunbury as detectives on the hunt for a serial-killer truck driver. It was based on "The Highway," the first of a series of novels by author C.J. Box. "Big Sky" was quickly renewed after it became ABC's No. 1 new series last fall. New episodes will begin premiering on Thursday, Sept. 30, at 10 p.m. ET, a move from its original time slot of Tuesday nights. "Big Sky" will still be set in the same town out West, but will now be filmed in New Mexico. Incidentally, the first season was filmed in Vancouver, not Montana.

Q: My husband and I recently started streaming a show on Amazon called "Corner Gas." I had never heard of it before. It looks pretty old. When was it made? There are several seasons available, so it must

have been popular. -D.C.A: "Corner Gas" was a Canadian sitcom that ran from 2004-09. It was set in the fictional small town of Dog River, Saskatchewan, and featured a delightful cast of characters. It starred Brent Butt as gas station proprietor Brent Leroy, and Gabrielle Miller as Lacey, who relocated from Toronto to run her late aunt's coffee shop. Brent's parents, cantankerous dad Oscar (Eric Peterson) and long-suffering wife Emma (Janet Wright), made frequent stops at the station.

"Corner Gas" had quite a list of guest stars, including two former Canadian prime ministers, "Kids in the Hall" sketch-comedy stars Kevin McDonald and Mark McKinney, crooner Michael Buble and actor Kiefer Sutherland ("24").

Butt went on to create and star in another series called "Hiccups," but it lasted only 25 episodes. In 2014, he released the feature film "Corner Gas: The Movie" and later followed up with the series 'Corner Gas Animated," with the original cast members lending their voices.

O: What is Minnie Driver doing these days? She was one of my favorite actresses in the 1990s, but she seems to have faded away the past few years. Also, is she related to Adam Driver? - N.E. A: Minnie Driver, who turned 50 this past January, has actu-



Katheryn Winnick Photo Credit: **ABC/Frank Ockenfels**

ally accrued quite the list of credits since her breakout role in the film "Circle of Friends" in 1995. Her fame peaked when she starred alongside John Cusack in "Grosse Pointe Blank" and Matt Damon in "Good Will Hunting," which earned her an Oscar nomination. She later starred in two short-lived series. "The Riches," about a family of grifters co-starring Eddie Izzard, and "Speechless," about a special-needs teen, which ran for three seasons. Driver was born in England with the birth name of Amelia Fiona Driver, and Minnie was a childhood nickname. She's not related to "Star Wars" actor Adam Driver, who was born in California.

Send me your questions at NewCelebrityExtra@gmail. com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. More statuesque	_ A _		Bank worker	_ E
2. Scorch		_ G	Meanwhile	c _
3. Stab with a fork		c	So. Dakota capital	R_
4. Mountainous	_ 1 _		Actress Hunter	_ 0
5. Feather pen		L	Thick blanket	т
6. At hand	- <u> </u>	в	Almost	L L_
7. Give a shout-out	200 T	A	Ponder	i
8. Drop the ball	F		Stammer	M
9. Belt cincher	_ A		Bracelet location	_ R
10. Away from class	_ B	•	Agreement	_ s



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

SEAR E KINET answer

1 V X 0 1

WATERY TREBLE NWA PRONE 0 3 NIQ n

Weekly SUDOKU

5 5

3

2 4

3 1

5

5 1 3 3

5 2

2

5 4

3 6 5

5 5

6

5 6

1

Amber Waves









Out on a Limb

by Gary Kopervas

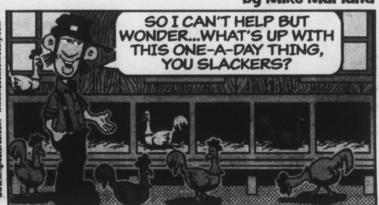


R.F.D.

by Mike Marland



























"I don't suppose either of you would be interested in a

down front."

SCRAMBLERS

Gentle	
COILED	
RANGER	
RANGER	
Cut	
HEARS	
Confront	
SISTER	

TODAY'S WORD

by Dave T. Phipps **Conceptis Hitori**

STATE OF THE PARTY	
IS THE SSIBLE	-
S	
à rights reso	

Do Cats, Goldfish Mix?

DEAR PAW'S CORNER: My daughter received a goldfish for her last birthday, and true to her word, she has kept the fish healthy and happy. Now, for her 9th birthday, she wants a kitten. I feel that she's old enough to care for a cat, but am worried that the cat will stress her goldfish. What are your thoughts? - Judy G., Seattle

DEAR JUDY: As a parent, your instincts are important and this one is worth thinking about. Cats are fascinated with fish tanks and can often be found watching the fish inside with rapt attention - if not actively trying to get a paw into the water. Discuss your concerns with your daughter. At age 9, she's old enough to consider this problem as well. Is there a way for her goldfish to remain healthy and

stress-free while bringing a kitten into your home? There are strategies for doing this successfully, including training that diverts a cat's attention from the tank and placing the tank out of sight or reach of the cat.

Caring for pets is a way to help children develop empathy for all living things. It can help them learn about responsibility, too -- but only when parents are actively involved in the process. You're doing a great job of helping your daughter understand the importance of caring for pets of all kinds.

Having second thoughts about bringing another pet into the house is exactly the kind of thinking parents should do. But you also have the opportunity to guide your daughter and have her be part of the decision as to whether a kitten is a good idea at this point, or whether she should wait another year.

Send your questions, comments or tips to ask@ pawscorner.com.

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TOP TEN VIDEO, DVD for release week of August 23, 2021

Video On Demand

- 1. A Quiet Place: Part II (PG-13) Emily Blunt
- 2. Pig (R) Nicholas Cage 3. Wrath of Man (R) Jason
- Statham 4. F9 (PG-13) Vin Diesel 5. Midnight in the Switch-
- grass (R) Emile Hirsch 6. Mortal Kombat (R) Lewis
- 7. Out of Death (R) Jamie
- 8. Here Today (PG-13) Billy Crystal
- 9. Godzilla vs. Kong (PG-13) Alexander Skarsgard 10. Nobody (R) Bob Odenkirk

DVD, Blu-ray Sales

- 1. Luca (PG) Disney/Pixar 2. A Quiet Place: Part II (PG-13) Paramount
- 3. Mortal Kombat (R) Warner Bros.
- 4. Space Jam (PG) Warner Bros. 5. Those Who Wish Me
- Dead (R) Warner Bros. 6. Godzilla vs. Kong (PG-
- 13) Warner Bros. 7. Spiral: From the Book of
- Saw (R) Lionsgate 8. Wrath of Man (R) Warner
- 9. Transformers: The Movie - 35th Anniversary Edition (PG-13) Shout! Factory 10. E.T. - The Extra Terres-
- trial (PG) Universal Source: Media Play News © 2021 King Features Synd., Inc.



7	9	9	2	7	9
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9	G	7	G	3	9
7	9	7	9	1	3
3	3	1	9	9	9
1	1	3	9	7	9

SINGLE

Today's Word 3. Shear, 4. Resist 1. Docile 2. Gamer; uoitulos

SCRAMBLERS



Motel Makeover - Like almost every other real estate-flipping show out there, someone in this Netflix original series exclaims, "We are over budget and behind schedule!" This time. the renovation team is a duo of women taking on their second hotel total-gut job, located in the resort town of Sauble Beach in Toronto, Canada. Everything that could go wrong, does (ya don't say?!). And of course, the pandemic happened during filming. The sad-face selfie videos lamenting the difficulties of working and finding contractors and materials during the pandemic are tiring and overused, but it's still cool to see the ultimate transformation that the hotel takes throughout the process. No spoilers on whether or not subway tile was used. (Netflix)

Four Good Days (R) — Here's. your emotional purge of the week. In this based-on-a-true-story film, Mila Kunis plays Molly, an opioid-addicted young mother who has failed repeatedly in her attempts to stop using. A new medical option aiding sobriety requires her to stay clean for a full week before being given it, so her mother vows to help her through the remaining four days of physical and mental agony. Glenn Close as Molly's mother, Deb, is amazingly talented, able to make the audience alternately love her for her devotion to her daughter, while at the same time blame her for Molly's failures. It's refreshing to see Kunis stretch her acting ability beyond the cute girlfriend roles for which she is typically known. (Hulu)

Guy: Hawaiian Style - And now for a palate cleanser. It seems that the Mayor of Flavortown has packed up the moving truck and headed to the islands. Instead of hitting up small-town diners, barbecues and lunch counters doing their thing, Food Network mainstay

Guy Fieri hits up locally owned food establishments all over Hawaii ... each doing their thing (now with pineapple!). Incorporating Hawaiian culture and tradition into the commentary and not just biting into giant portions of poke tuna while exclaiming "yowza!" Fieri brings his two sons along on these educational gastronomic adventures. (Discovery+)

Val-You don't have to be a huge Val Kilmer fan to enjoy this self-produced documentary on the actor's life. In fact, it might even be better if you're not entirely familiar with his library of work. Ever since his teen years, Kilmer has filmed both his personal and professional lives, starting with amateur productions made with



Glenn Close, Mila Kunis in "Four Good Days"

his two brothers. This current documentary features old selfie-type commentary, on-set joking with co-stars, screen tests and even conversations with his mom. After chronicling his training at Juilliard, his debut on the New York City stage and his rise to Hollywood stardom, it delves much deeper into his spiritual beliefs and some truly touching personal family stories. After losing his voice due to throat cancer, Val enlisted his son, Jack, to narrate the film in the voice of his father. Self-described as "a sensitive, intelligent being with the soul of a clown", Val is introspective, playful, humble and unapologetic. (Amazon Prime Video)

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Contract Bridge

THAT OLD BLACK MAGIC

West dealer. East-West vulnerable. NORTH PAS ₹632 ♦ AKQ WEST EAST **◆**J97 ♠K106543 ♥9754 109432 **↑**AKJ109 SOUTH ♥AKQJ10

404 The bidding: South West North East Pass Pass 3 ₩ Pass 1 NT Pass Pass Opening lead — king of clubs.

There are times — albeit few and far between — when a declarer is called upon to make a play that could very appropriately be termed fancy.

Take this case where South gets to four hearts and West starts off with the K-A-J of clubs. Declarer ruffs and would collect 10 tricks as easy as pie with a normal 3-2 trump division. But

when he cashes the A-K of hearts, East shows out, and South is faced with a challenging problem.

He sees that if he continues to draw trump, he will be unable to score the jack of diamonds as his 10th trick, while if he abandons further trump leads in order to first cash the A-K-Q of diamonds, he subjects himself to a ruff by West and would still have to lose a spade.

There seems to be no solution to this dilemma, but declarer can accomplish his mission by making a very unusual (but entirely reasonable) play. Since West passed originally and has already shown up with the A-K-J-10-9 of clubs, it is unlikely he will also have the king of spades.

Accordingly, South draws West's two remaining trumps with the Q-J, following suit from dummy to the queen but discarding the ace of spades from dummy on the jack!

This extraordinary play works like a charm when declarer next cashes the A-K-Q of diamonds and then leads the nine of spades from dummy. Regardless of which three cards East has in his hand at this point, South, holding the Q-2 of spades and jack of diamonds, is sure to score two of the last three tricks.

Fancy? Of course! But certainly the right play under the circumstances.

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PUZZI es4Kids by Helene Hovanec

RIDDLE SEARCH - VACATION IN FLORIDA Look up, down, and diagonally, both forward and backward to find every word on the list.

Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What is a baker's favorite city in Florida?

AQUARIUM AOEETANAMM ARCADE EDARAPUA KAYAK RTLEHSR LAGOON MANATEE TRLALZCAET MUSEUM ACRAOSUE OCEAN PARADE RNGDEIOOMN RESORT POOBFRUSAN SURF ABOATUGMLI **TENNIS** TRAM RDNASPOOLS TURTLE WATER PARK KAYAKRAHSH Z00

Dr. Keith Roach

Reader Seeks Alternatives To Rx Antidepressant

DEAR DR. ROACH: I suffer from depression. It comes and goes, but I've been feeling sad, worried and angry, as well as irritable, for the past four months or so. I force myself to function. My family doctor prescribed a 37.5 mg dose of Effexor once a day to start and after one week, twice a day. I looked up the side effects and what I read scared me. Instead, I've been taking 1,000 mg of St. John's wort daily for almost three weeks, and I have noticed no discernible effect.

I told my doctor I would take the Effexor after three weeks if the St. John's wort hasn't helped. Should I take his advice? Are there better alternatives? I am middle age and take zero prescription drugs .-- S.M.

ANSWER: St. John's wort, Hypericum perforatum, is a yellow flower that has been medicinally used for centuries. Initial studies suggested benefit in people with mild to moderate depression, and several substances in the flower have been shown to have pharmacologic effects on serotonin receptors, among other effects. However, other trials have shown it to be no better than placebo.

It does have important drug interactions, fortunately not an issue for you (as long as you let the St. John's wort wear off before starting Effexor), but for some people the potential interactions are dangerous. Side effects are not common, but include gastrointestinal upset, dizziness and confusion, fatigue, dry mouth and sexual side effects. It can make people more sensitive to sunlight, and may decrease fertility.

The studies that did show a benefit lasted four to 12 weeks. It is possible you might not have had benefit from it yet, and waiting a little longer -- say another week -- wouldn't be unreason-

able to really give the St. John's wort a chance. However, I seldom recommend this herb due to lack of consistent benefit in trials, the potential for drug interactions and a concern about poor regulation of supplements in terms of amount and purity of the ingredients. For people who want to avoid prescription medicine, I have often recommended S-adenosyl methionine (SAMe). The evidence is better and the side effects and drug interactions fewer.

Effexor may be a good choice for you. Prescription antidepressants have been shown to be better than placebo, but they certainly do not work for everybody. If Effexor isn't a good choice, there are several others. However, I would strongly recommend you consider nonpharmacologic treatment for depression whether or not you decide to take additional medication treatment.

DEAR DR. ROACH: I am a 90-year-old man. Whenever I take 325 mg of aspirin for pain, I sleep very well. I dream of things that happened 60 years ago as though they just happened. I see people I knew then, and I am with them like it was yesterday .-- S.C.

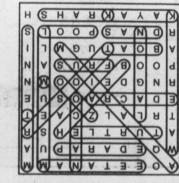
ANSWER: Odd dreams can be a side effect of aspirin. It sounds like yours have been pleasant, but if they aren't, you Humble Pie and the Herd? afternoon if possible, as most of name? the aspirin (and the active component, salicylate) will be gone after six or so hours.

The effect on platelets, which is how aspirin prevents heart attacks, is unique because aspirin blocks an enzyme in platelets irreversibly. That's why aspirin can increase bleeding risk for days after taking it.

Puzzles4Kids

Answer

Orlan-dough. Riddle Answer:





Grilled Southwestern Chicken Bundles

You don't have to sleep in a tent in the woods to enjoy a campfire cookout. Just gather everyone in the backyard with plenty of blankets to sit on, a telescope to watch the falling stars and a table filled with tasty "outdoor" foods. This main dish just might be the "star" of the menu!

- ounces skinned and boned chicken breast, cut into 4
- cup chopped green bell pepper cup chopped red bell pepper
- cup chopped onion cups frozen whole-kernel
- corn, thawed cup fat-free Catalina dressing tablespoon chopped fresh parsley or 1 teaspoon dried
- parsley flakes teaspoons chili seasoning

1. Cut 4 (24-inch) pieces of heavy-duty aluminum foil. Lightly spray each piece with butter-flavored cooking spray. Arrange 1 chicken piece in center of each. In a medium bowl, combine green pepper, red pepper and onion. Spoon 3/4 cup egetable mixture over each chicken piece. Sprinkle 1/2 cup corn over top

2. In small bowl, combine dressing, parsley and chili seasoning. Drizzle about 2 tablespoons dressing mixture over top of each bundle. Wrap and double seal each. Place packets over grill at medium heat. Grill for 18 to 20 minutes, turning occasionally. Makes

· Each serving equals: 270 calories, 3g fat, 26g protein, 35g carb., 431mg sodium, 5g fiber; Diabetic Exchanges: 3 Meat, 1 1/2 Starch, 1 1/2 Vegetable. © 2021 King Features Syndicate, Inc.



- Who wrote and released "Suzanne"?
- 2. Which solo artist got a start with
- should avoid taking aspirin in the 3. Where did the Orlons get their
 - 4. Who wrote and released "Swing-
 - 5. Name the song that contains these lyrics: "You think you're gonna take me and put me on the shelf, Girl, I'd rather die than see you with somebody else."

Answers

1. Leonard Cohen, in 1967. Cohen eventually lost the rights to the song because of signing a document he didn't read.

2. Peter Frampton. His material and master tapes were lost in the Universal Studios fire in 2008, along with hundreds of other artists.

3. It was a nod to a competitor, the Cashmeres.

4. Steve Miller of the Steve Miller Band. The song is the basis for a particularly controversial chant at the University of Wisconsin-Madison between sections O and P in the stadium during football games. The college has been unable to curtail use of the song or the chant.

5. "Never Give You Up," by Jerry Butler in 1968. The song stayed on the Hot 20 for 14 weeks and was later covered by numerous artists, including Rod Stewart in 2009.

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COMPOSTING CAN be as simple as collecting disease- and insect-free plant debris, placing it in a pile and letting it rot. Photo Courtesy Melinda Myers, LLC

Put Kitchen Scraps, **Landscape Trimmings** To Work In The Garden

Cont'd From Page 15

the pile to a consistency of a damp sponge

Turn the pile as time allows or frequently for faster results. Move the more decomposed materials from the center to the outside of the pile. It's a great work out and speeds up the decomposition.

The more effort you put into composting the sooner you will have rich organic matter for your garden. But even casual composters end up with a wonderful amendment for the garden.

Compost is ready when it is brown and crumbly. Mix finished compost into pot-

ting mixes for containers, work it into garden beds or spread a one-inch layer over the soil surface of perennial gardens every other year.

Start putting your landscape trimmings in a heap and watch the magic hap-

Melinda Myers is the author of over 20 gardening books, including The Midwest Gardener's Handbook and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Her web site is www.MelindaMyers.com.

More Quincy news: The Quincy Sun.com



BLACK DIAMOND entertains during the 34th annual August Moon Festival on Coddington Street.

Quincy Sun photo/Tom Gorman

Activist, Dog Prepare To Trek Across State To Raise Awareness For Hunger

Expected To Pass Through Quincy Late October/Early November

Beginning Sept. 18, Mark Roberts of Stow will embark on a journey from West Stockbridge to Provincetown. His goal: to raise awareness and funds to combat food insecurity in Massachusetts, America, and around the world.

Mark, until recently an attorney focused on climate change, has been diagnosed with a rare neurological disease called Rhombo Myeloneuropathy, which has forced him to use an electric wheelchair when walking more than a few dozen yards. His 6-year-old Labradoodle, Mocha, continues to be his loyal travelling com-

Realizing that his time as an advocate for social

issues is limited, Mark has decided to use his unusual circumstance to draw attention to the issue of hunger, which has been exacerbated by the COVID-19 pandemic and will only become worse as climate change disrupts food production and causes massive displacement of millions of people due to natural disasters. His non-profit entity, "4Paws 4Wheels 4Hunger," will donate all funds raised to Save the Children and the four Massachusetts Food Banks that support food distribution agencies across Massachusetts. These food banks provide food to over 1,000 hunger organizations all over Massachusetts.

Mark and Mocha will



MARK ROBERTS and his Labradoodle, Mocha

take approximately seven weeks to complete the journey, rolling and strolling for approximately six hours per day. Roberts will return to Stow one day per week for treatments that lessen the pain of his condition and slow its progression.

Along with planning the route and seeking sponsors, his volunteer team has put together a website at 4Hunger.org. Roberts is already posting about hunger—as well as describing his trip and the hunger organizations he is supporting—on his Facebook page and on Twitter, Instagram, TikTok, and Youtube: @4Paws-

4Hunger. "My disease won't let me roll forever," says Mark, "so now is the time for me to make a difference, rolling across Massachusetts talking about hunger, the pandemic, and climate change." Mark plans to make travel log posts, as well as posts highlighting the state of food insecurity, especially the negative impacts of the pandemic and climate change. His route of more than 300 miles through more than 50 towns will highlight food banks, food pantries, kitchens, and shelters serving those in need.

If able to stay on schedbe passing through Quincy during late October/early November. They are coordinating their efforts with the Greater Boston Food Bank, which serves over 371,000 food-insecure individuals each year through agencies like the South Shore Recovery Home Program, the Germantown Neighborhood Food Pantry, and others, distributing food to residents of Quincy, and surrounding

The 4Paws 4Wheels 4Hunger team has been in touch with key political leaders of Massachusetts, as well as superintendents of schools and houses of worship along the route, letting them know that Mark and Mocha will be rolling through town.

"We're trying to raise money, yes," explains Roberts, "but we also want to shine a spotlight on the problem of hunger. We want everyone, of every age. to become aware and do whatever they can to make a change. We are also challenging every Massachusetts resident to donate in some way—either to 4Paws 4Wheels 4Hunger, it's beneficiaries, or their local hunger organization-during the seven weeks of our roll/ stroll."

More details regarding the route and schedule will be posted on the 4Pawsule, Mark and Mocha will 4Wheels4Hunger Facebook page as they become available. The Launch event will be broadcast Live on Facebook Live.



Fall in the City

Exciting community events in Quincy this September & October

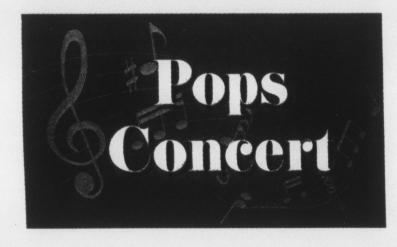


Saturday, September 11

Corner of Dunford Drive & McConville Way Quincy Center

10:00 a.m.

Join us as we dedicate the Generals Bridge honoring the contributions of eighteen military generals from Quincy, Massachusetts.



Saturday, September 18

Hancock Adams Common in front of The Church of Presidents

5 p.m.

Enjoy a relaxed "Pops" style evening on the Hancock Adams Common. Cabaret tables and chairs along with traditional rows of theatre seats will be available. Lawn chairs are allowed.



September 25th 10 a.m.-5 p.m. September 26th 10 a.m.-4 p.m.

Adams Field/One Merrymount Parkway
Fall festival featuring a juried art exhibit from the
Quincy Arts Association and fun fall activities for
the whole family.



Saturday, October 2

Coddington Street

From Quincy High School to Thomas Crane Library and at Coddington Building

Noon-6 p.m.

Food trucks, live music and kids entertainment. Bring your own blanket or chair for the Thomas Crane Library Lawn.